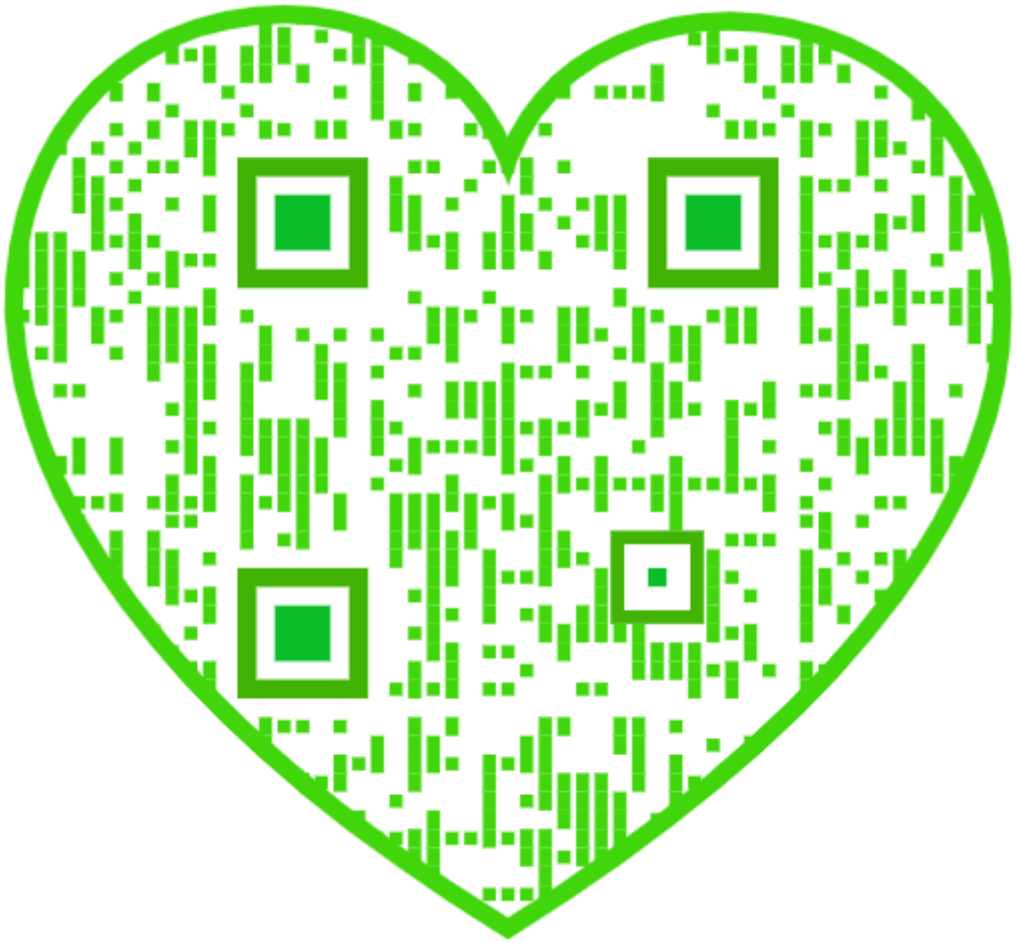

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THE
NURSE GUIDE

For All Women
Who Desire a Healthy Family

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OBJECT OF THIS BOOK.

1 To explain the foundation principles of disease in such manner that all women of ordinary mind and education can understand how to prevent necessity for human diseases.

2. To suggest means by which such women can prevent development of malign diseases.

3. To be a companion-book with "Composition and Office of Conscience" in encouraging proper methods of living.

PRELUDE.

All activity of animal life depends upon a "nervous fluid," which in its general action is similar to electricity.

The voluntary nervous system is subject to man's will "for direction," but is dependent upon the involuntary nervous system for "vitality," hence we may consider the **nervous fluid of the involuntary system as the vital principle of animal life.**

If the "whole system" of mankind was in normal condition, suitable drink would be swallowed into the stomach at proper time; and when solid food was put into the mouth, the salivary glands would secrete sufficient **saliva** to moisten it, while the tongue and teeth ground it into a fine pulp (first stage of digestion). When that pulp was swallowed a multitude of glands located in the walls of the stomach would secrete **gastric fluid;** muscular contractions of the stomach would rub the pulp against those glands until it was stewed into a creamy mass called chyme, and then press it (through the pylorus) into the small intestine. That would excite flow of **mucus** from the intestine, **bile** from the liver, and **fluid** from the pancreas. The chyme would be stewed in those secretions until it was converted into a milky fluid called chyle, and then absorbed by blood vessels, which transfer chyle from the intestine "through the liver" into the heart, thus finishing the process of converting food into blood, called **digestion.**

While the "blood" was being forced through the arteries and their capillaries to all parts of the body, it would secrete various kinds of fluid—some to be used in building up the system, others to be carried through various processes to the surface of the skin and membranes, sweat being eliminated through the skin, while different kinds of animal mucilage

called **mucus** would be secreted by the mucus membranes upon their own surface for different purposes. The capacity of each organ of the body to absorb its own proper nutriment from the blood is called **assimilation**—a recuperative function that would enable the body to resist all forms of disease one hundred years.

BUT

When Christ created man with ability to control all other animals, instead of giving man ability to control himself; gave him "capacity" to choose what persons or influences should control his involuntary nervous system. During the ages that have passed, Jehovah has been informing man in allegorical manner "that if he would honor his Creator with all the power of his **voluntary nervous system,** the Creator would so control his **involuntary nervous system** that he would **shun** all influences which lead men into collision with the physical laws which govern this universe." The **principle** by which those reciprocal actions are conducted is called **conscience.** The "faculty" of the mind by which man deduces inferences from propositions is called **reason.** Ever since Abel's **conscience** impelled him to offer a sacrifice that would foreshadow the atoning blood of Jesus Christ, and Cain's **reason** satisfied him that **corn** was more convenient and would answer the purpose just as well, it has been the general belief of civilized nations "that **reason** is a better guide for activities of this life than **conscience.**" As a consequence of such ignorance, two-thirds of human life has been cut off by diseases incurred through violation of natural laws.

FURTHERMORE,

Many Nurses have been depending upon hypnotism to give them control of their patients. But as hypnotic influence is generated by the Nurse, it cannot cause her to always remember the right thing—or recollect the proper idea at right time. While the "energy" of conscience (being generated in the laboratory of the Tribune God) can cause the

Nurse to remember all necessary things—and recollect all suitable ideas that she has knowledge of, thus enabling her to convince the mind and control the actions of her patient, and also discern the difference between "injurious palliatives," which relieve present pain by deadening the nervous fluid (thereby changing simple ailments into chronic diseases) and **"remedies" which strengthen the nervous fluid** and assist **nature in removing the cause of the pain.**

MALNERVIA.

When there is **chronic unnatural excitement of the nerves** of the stomach—**followed by torpidness—with frequent change from one state to the other.** This condition has been called Dyspepsia; but that term has not given correct intimation of "foundation principle" of any derangement of the stomach, neither is it a proper substitute for the term Indigestion. So we shall drop "ambiguous Dyspepsia" and adopt the term Malnervia to designate the above described condition of nerves in any part of the body. Moreover, this "malnervous condition" is the door which admits all other diseases into the system.

EXPLANATORY.

The first pair of humans had "perfect bodies," but unfinished (unperfected) spirits. While in that unperfected condition Adam and Eve rebelled against the authority of their Creator, and propegated a pair of incorrigible Cainites, who produced a tribe of incorrigible rebels, distinguished in Hebrew writings as "sons and daughters of men." After the sincere repentance of Adam and Eve, Jehovah perfected their human spirits by transmitting to them a portion of his divine spirit. Then those godly parents propagated (and trained) a Conite son who became the first "martyr victim" of Cainite hatred of Divine government. Then Adam and Eve propegated (and trained) a pair of Conites who produced a tribe of "worshipers of Jehovah," distinguished in Hebrew writings as "sons and daughters of God."

All went well with the Conite tribe until intermarriage with the Cainites destroyed their identity, and the whole race (except one family) became so debauched and diseased that a pitying God ended their suffering with the flood.

Then the descendants of Noah developed into the "present races," among whom all responsible persons have an inherent instinct that there is **an invisible omnipresent, omnicent, omnipotent being** and a **future existence for all humans who get into harmony with that " eternal being."**

The record of the drunken spree Noah indulged in his new home shows that his family carried "inherited Malnervia" through the flood. Later, when Jehovah selected another best family for a special purpose, "the gluttony of Esau, and perverted ideas of Lot's daughters" proves that Malnervia lost none of its characteristics by transmission to the races. In the last century I saw a "youth" in the Ozark Mountains who had grown up with such degree of nerve-soundness that after enlisting in U. S. Cavalry Regiment, he embraced syphilitic women without contracting that disease, but regular pay and unrestrained opportunity to indulge all his appetites (in his new environment) changed the robust rustic into a rotten wreck.

In such and similar ways has "constitutional Malnervia" been acquired by all human families of present day, "and it will take many successive generations of Conites to breed Malnervia out of any family." Inherited Malnervia is "fostered and aggravated" by unnecessary use of China tea, Coffee, Tobacco, Opium, Alcohol and similar narcotics; Pepper and other irritating spices and substances used in flavoring food; Mustard and similar condiments used to increase appetite; Ice cream, ice water, &c., that chill the stomach; Anything that is hot enough to injure mucus membranes; Unripe or decaying fruit or vegetables that produce injurious gases during digestion; Yeast and other injurious material used in making bread; Injurious pastries, especially pies with bottom crust; Wheat flour that has all colored ingredients screened out.

Excessive amount of Salt, Sugar, Butter and Meats, Imperfect mastication of food, Gluttony, Irregular and sedentary habits, Poisonous doses of drugs, especially cathartics, Intense emotions, especially anger; Injurious means used to prevent childbearing; Onanism; Continued exhaustion from any cause; Hernia, and other injuries that cause irritation of nerves; Inhaling injurious vapors; Living in unwholesome atmosphere; Too sudden change from warm to cold; Luxurious living; Careless, idle and filthy habits; All vices and excesses; Poisoned blood from any cause, and any other influence that generates or develops "chronic disease of the nervous fluid."

The manner in which Malnervia admits other diseases into human bodies is explained in following articles:

COLD & CATARRH.

When influences which "aggravate Malnervia" overcome the nervous fluid in any part of the body, to such extent that "sudden check of mucus secretions, dry skin, chilliness, pointed nose, sneezing, &c.," indicate that the **Positive current of nervous fluid, of that mucus membrane, is switched Off to assist the lymphatic system in its work,** such "condi tion of the system" is called Cold.

NECESSITY OF SUCH CONDITION.

While the arteries are distributing "blood" to all parts of the body, and the veins are gathering it up and returning it to the heart, considerable worn out material is left in the tissues of the body. The normal function of the lymphatic system is to gather up all such material and carry it into one of the large veins.

When accident or disease hinders the digestive system in its work, the lymphatic system has "additional capacity" to absorb sufficient nutriment from tissues of the body to sustain life several weeks. For those reasons "supplemental nerve power" is needed by the lymphatic system in proportion to the inability of any other system to perform its proper

work. Hence, when the "nervous fluid" of any organ is so crippled by Malnervia that it cannot resist invasion of a disease-producing influence, nature switches off proper portion of nervous fluid from **affected mucus membrane** to the lymphatic system. As result of such diminished nerve power, the cells of that mucus membrane become gorged with material which should be converted into healthy mucus, but under those conditions generates "inflammation" that causes suppuration of diseased matter from affected membrane. That suppurative "flowing off" is Catarrh. (Such "catarrhal flowing off" of diseased matter is nature's method of cleansing membranes and restoring proper flow of nervous fluid.)

If aggravated Malnervia is the only specific disease that has caused a "Cold," it is called Common Cold; but if Measles or any other specific disease has invaded the system and caused switching of nerve currents, the Cold (chilly period) is considered the "initial stage," and catarrhal suppuration the "renovating principle" of the disease. Thus a cold loses its identity when other diseases are developed. In other words, "the condition called Cold" is the first stage of all organic diseases except Malnervia.

When severe Common Cold has its principal seat in mucus membranes of the head, it is generally called Influenza. If Common Cold in any part of the body is carelessly handled, or the patient so continuously exposed to the inciting cause that the catarrhal suppuration becomes chronic, it is called Chronic Catarrh of the head, bowels, &c. If "fresh Cold" is incurred before all the characteristic conditions of "Common Cold" are relieved, we call such case cumulative Cold.

TREATMENT OF COMMON COLD.

Persons who know they are liable to take Cold should keep Suffield's Magic Pellets where they can get a dose any time, and soon as they have evidence that they "are taking Cold" should take three Pellets every two hours, remainder of that day (and evening). Soon as convenient, use injection

of warm water to cleanse membrane of bowels. Eat nothing but gruel for supper; go to bed early and give nature a chance to sweat off the Cold, and take a dose of Elixir before rising next morning.

Second afternoon fill a one-ounce bottle nearly full of pure water, add three drops of Suffield's Aconux, and divide the time and doses so as to take all before going to sleep. Follow with dose of Elixir next morning.

Continue Aconux each afternoon, and Elixir each morning, until the "catarrhal flowing off cleanses affected membranes and permits normal flow of nerve currents." Unless there is evidence that this Cold is the "initial stage of some specific disease," then the treatment we suggest for such disease should be commenced.

For philosophy of above treatment, see Characteristic Effects of Aconux.

INFLUENZA.

While the principal seat of Influenza (sometimes called Grippe) is in membranes of the head, it is not confined to that locality, but has distressing effects upon the patient in proportion to previous condition of the body—smothered chronic ailments that have caused little uneasiness manifest serious symptoms. Self-poisoning conditions generated by improper treatment of Influenza may start decay of tubercles thus causing consumption of vital organs; or malign germs in the atmosphere may embrace this opportunity to invade the system. Hence, proper treatment of all forms of Cold consists in removing the causes which incite or generate the diseases each particular person is liable to. In other words, the treatment of Common Cold (described above) is intended to check development of any malign disease that has compelled nature to switch nerve currents; and if such "nipping in the bud" occurs during first three days, the patient may never know what disease incited that Cold; but if that object is not attained, symptoms of the invading disease will

be manifested. Therefore the Nurse needs to be familiar with all the following articles in order to recognize "premonitory symptoms" of any disease.

TREATMENT OF INFLUENZA.

If the Nurse surmises from first indication of a Cold that it is Influenza type of Cold, commence with one-drop dose of Aconux in tablespoonful of water; then follow with smaller dose (suitable to condition of patient) every two hours until regular bedtime, and one-drop dose of Elixir next morning. After that, age, constitution, symptoms, environment and intelligent comparison of medicines (through familiarity with Characteristic Effects) is the best guide for medication.

In Common Cold, if the patient continues regular avocations, reasonable amount of plain, easily digested food may be allowed for breakfast and dinner, but plenty of warm gruel should suffice for suppers. But in Influenza the less food put into the stomach first week the better. In robust patients any food is injurious until nature regains control of the system. Aged or delicate constitutions in which there is little nutriment in tissues of the body, which lymphatic system can absorb, may need Fluid Extract of Beef and other strengthening fluid foods that can be assimilated without clogging the digestive organs with extraneous material, "which would generate selfpoisoning conditions."

Ant-itis Lotion, drawn up into the nose, and also used to gargle the throat, will give much relief and assist the "flowing off" process. (For manner of preparing this Lotion, see Characteristic Effects of Ant-itis.)

CHRONIC DIARRHEA.

Is "chronic catarrh of stomach and small intestines," which prevents **proper conversion of food into chyme** (in the stomach) and **stewing of chyme into chyle** (in the small intestines) and causes "flowing off of **undigested food** with the diseased secretions from the mucus membrane of small intestines."

When influences which aggravate inherited Malnervia are permitted to obstruct proper functions of bowels so that there is continual "catarrhal condition" of small intestines, this disease is very tedious and cannot be cured without systematic

TREATMENT.

We suggest: First six days.—Fill one-ounce bottle half full of water, add one drop of Aconux and shake until thoroughly mixed, then fill bottle with water and shake again. Divide the time so that all may be taken in teaspoonful doses between early morning and bedtime each day; also cleanse the bowels thoroughly as possible once each day with injection of warm water.

Every seventh day of whole treatment give dose of Sulphur 6^x before rising, and dose of Calcarea 6^x at bedtime.

Second week give four one-drop doses of Ant-itis each day.

Third week, give four doses of Tonic Powder each day. Continue Ant-itis and Tonic Powder alternate weeks so long as medicine is needed, with following exceptions: 1. If fresh Cold is contracted during above treatment, drop the "chronic treatment" and give one drop of Aconux for first dose; follow with $\frac{1}{8}$-drop dose every two hours remainder of that day; second and third days, give one-drop dose of Elixir each morning, and $\frac{1}{8}$-drop dose of Aconux every two hours each afternoon; then return to regular chronic treatment. 2. If Characteristic Effects show that $\frac{1}{8}$-drop doses of Elixir suit the weather and condition of patient better than Ant-itis, give Elixir instead of Ant-itis whenever necessary.

SUGGESTIONS ON DIET, &C.

One characteristic of Chronic Diarrhea is "craving for things that would increase the disease, making each patient unfit to conduct their own treatment. Therefore the most essential element in permanent relief is a Conite Nurse with such inducing power that she will have complete control of

both patient and treatment. She should give a man, for each meal, reasonable amount of toasted bread, and one teaspoonful of Fluid Extract of Beef in reasonable amount of hot water. (He can break off crusts and soak them in the Beef tea, while eating other parts dry, then he can eat the crust and then drink the tea.) Then give him small dish of Crackers and spoonful of condensed milk (to be used instead of butter). After he is done eating solid food, give him choice between cup of Cocoa or cup of hot water (flavored with condensed milk). Nothing should be allowed between those meals, except what water contains his medicines, until his passages are reduced to "one stool at regular hour each day." If his stomach (or prejudice) rebels against such diet, let him go to bed and remain quiet until his stomach demands such food. Nature has provided for such cases, and his lymphatic system will absorb sufficient nourishment from the flesh of his own body to keep up supply of blood until appetite becomes natural. A week of perfect rest, without any solid food, is best remedy for such cases.

If at any time during treatment the patient needs stimulation, use Electric Chest Appliance. Place Positive disk over nerves of stomach (near left shoulder blade) and Negative disk under left foot. Next day place Positive disk over nerves of liver (near right shoulder blade) and Negative disk under right foot. Continue this rotation so long as seems necessary. About three hours (each afternoon) is sufficient for each application.

All persons who are subject to any form of Cold should wear cork insoles in their shoes (keep two pairs on hand); take them out at night and lay upside down on carpet; in morning use other pair. This plan provides for change any time that shoes get damp.

Woolen garments should be worn next to body, and all parts of person properly protected with clothing. The unhealthy fashion of putting thin backs in "men's vests" leaves

that part half dressed when coat is buttoned. The writer never accepts a cloth vest until extra woolen lining is fitted inside of common back.

All water used with medicine and food, or as drink or injection, must be distilled in suitable device. In cold weather the patient must not enter "Privy" that has cold air passing through it. Therefore, unless the house has "modern improvements," a Commode for sick room and Domestic Still for kitchen are indispensible in above treatment.

RHEUMATIC CATARRH.

(Dried-up Catarrh.)

Sometimes the "dry inflammation called Rheumatism" in tissues adjacent to a mucus membrane that is weakened by continued chronic catarrh, cause the "membrane to shrink or dry up."

If this combination of diseases has its principal seat in membranes of the head, the nose becomes thin, the face has a pinched, shriveled appearance, the hearing is dulled; every slight exposure to stormy weather induces fresh Cold, with no suppuration from mucus membranes, because material for making mucus cannot enter the membranes.

If the principal seat is in the membrane of bladder, that organ contracts until there is little room for urine, and frequent micturition cannot be prevented.

If membranes of stomach and bowels are affected, there will be indigestion and constipation, but occasional loose or dysenteric passages, which do not remove all compacted lumps of faeces unless injections of warm water lubricate the lumps and stimulate peristaltic motion of coats of the bowels.

Such conditions of the system are more frequent than most people are aware of, because many Practitioners prescribe means to palliate most prominent result in each case "instead of investigating original causes and demanding necessary change in habits or environment of the patient."

One sample of blundering diagnosis will make this matter more easily understood. A young woman that lived in the country had to stop going to school and all other public gatherings on account of "incontinence of urine." Several Physicians of two different Towns had treated her for "Rheumatism of bladder," without any relief. I surmised that frequent wearing of damp shoes in School (in years past) had been the inciting cause, and that if the disease had been in the head (instead of the bladder) those Physicians would have called it "dried-up catarrh."

Doubting ability of the Mother to conduct the case properly, I advised that she be sent to some Sanitarium that was prepared to handle such cases. But her folks were engaged in a land speculation, and were not willing to cripple their finances with such expense. So I left a set of our Remedies, gave the Mother instructions about diet, &c.; recommended that she give the young woman full charge of the garden (with ample provision against taking fresh Colds), also to use every other possible means to keep her mind and muscles engaged in suitable outdoor occupations.

One year later I received a letter from the young woman, stating "that she had been going to school four months, and was well," proving that my diagnosis was correct, and that "lack of secretions from mucus membrane" of the bladder was the ultimate cause of incontinence of urine.

TREATMENT.

This ailment is a combination of Malnervia, Cold & Catarrh, and Rheumatism, therefore the most important item of treatment is to stop all personal influences and shun all climatic influences that have incited or fostered those diseases. For such cases we suggest: First six days—Take full dose of Elixir every morning (before rising) and a moderate dose of Magic Pellets every two hours from one P. M. until bedtime. Every seventh day take dose of Sulphur 6^{x} before rising, and dose of Calcarea 6^{x} at bedtime. Alternate six days, take Elixir every morning, and such dose of Eureka

Oil as agrees best with the constitution, at bedtime. Continue this treatment until there is evidence that all mucus membranes are casting off some kind of secretion. Then commence treating the case same as if it was Influenza, except that one course of above treatment should follow every fresh Cold.

ULCERATIVE CATARRH.

When there is "ulceration of mucus membranes" instead of suppurative flowing off, we may be sure that there is some form of Scrofulous poison in the blood. For such cases we would suggest Catarrhal treatment first week after each fresh Cold, followed by suitable treatment for that particular type of Scrofula.

RHEUMATISM AND SCIATICA.

"Arterial capilliaries" distribute blood to all tissues of the body. "Radicals of veins and lymphatic vessels" should gather up all blood material and all extraneous matter that eliminating processes have been unable to carry off.

"When narcotic properties of extraneous matter, or any other influence, deadens the nervous fluid to such an extent that it cannot furnish sufficient vitality to above mentioned radicals to enable them to gather up all extraneous matter out of the tissues that have no sweat pores, or mucus cells. If such extraneous matter (left in the tissues) is not poisonous enough to destroy life, or cause ulceration, but only dry inflammation, that 'dry inflammation' is Rheumatism."

One characteristic of rheumatic inflammation is "that instead of causing membranes to flow off extraneous matter, it has a tendency to dry up muscular juices and retain extraneous matter in the tissues, thus in some cases causing the 'peculiar creaking sound' of dry joints, in other cases causing abnormal growth of joint tissues."

To illustrate difference between rheumatic pain and neuralgic pain: If we should draw an inch rope through $\frac{7}{8}$-inch hole in a board, we know it would be injurious to the rope.

Likewise **continual pinching and numbing pain** informs us that inflammation of some muscle has reduced size of a channel through which a nerve passes (Rheumatism); while **periodic jumping pains** inform us that the disease is in the nerve (Neuralgia).

When the sciatic nerve is the seat of Neuralgia or rheumatic inflammation has reduced the channel through which this nerve passes, it is called Sciatica, being an uncertain combination of Neuralgia and Rheumatism. Doubtless the same constricted condition of smaller nerves often occurs in other parts of the body, and this should be remembered in all treatment of rheumatism.

TREATMENT.

Since the pain of Rheumatism is induced by same class of influences that produce Common Cold, all such influences should be dropped or shunned.

For simple Rheumatism in muscles, use Common Cold treatment first day; follow with dose of Elixir each morning before rising, and dose of Eureka Oil each bedtime, and rub Eureka Oil over painful parts so often as seems best; drink nothing but "abundance of distilled water." All other diet should be "light in character and quantity."

In cases where joints are more affected than muscles, give one grain of Salycilate of Sodium before rising and at ten A. M., but continue regular dose of Eureka Oil each night. Circumstances will show the Nurse whether Eureka Oil or Ant-itis Lotion are most needed for external application.

Sometimes poisons absorbed from unhealthy occupations, or injurious drug treatment, so overpower the nerves of one particular spot (while other parts are suffering from simple rheumatic inflammation) that stimulating treatment would encourage ulcer. In such case, a dose of Ant-itis should be given every four hours, and Ant-itis Lotion applied over that spot, with porous cloths (replaced so often as they get dry) until that complicated inflammation is relieved; then resume

regular treatment. If similar condition is threatened by Scrofulous taint in the constitution, use Ant-itis Lotion externally, and give four doses of Neutraline each day until that danger is passed.

When Rheumatism is so complicated with other ailments that there is considerable fever, and uncommon inflammation of considerable portion of the body, if internal administration of Aconux and Belladonna alternately, accompanied by external application of Ant-itis Lotion, does not reduce the fever and inflammation, it may be necessary to call a Physician who can locate the predominating cause of such complication.

In Sciatic complications, the Nurse should compare these suggestions with articles on Neuralgia and Characteristic Effects, thus discerning what symptom or irritating influence needs first attention; then continue relieving each predominating obstruction with treatment adapted to that particular stage until the whole case is relieved, because, although the original cause of Rheumatism makes it a chronic ailment, every case of Sciatica must be treated as acute attack.

Concerning use of Electric Appliance to remove cause of Rheumatism, see Characteristic Effects.

In long-continued treatment of Rheumatism, it is a good plan to give dose of Sulphur 6^{x} every seventh morning, and dose of Calcarea 6^{x} following night (no other medicine that day).

MEASLES.

In from one to two weeks after exposure to contagion the patient has Common Cold. In from three to five days after first symptoms of Cold, small red spots (or pimples), like flea bites, appear on the face and neck, where they sometimes increase until they touch each other. **(Pressure with finger upon the skin causes " for a moment " a white spot, which regains its red color from the center to the outside.)** In same manner the eruption spreads over the whole body. About the ninth day the eruption disappears with a **bran-like scaling of the scarf skin.**

TREATMENT.

When there is epidemic of Measles, every member of the family that never had this disease should be carefully watched On slightest symptoms of Cold commence giving one Magic Pellet every two hours from 1 P. M. until bedtime, and a dose of Elixir next morning. This may be continued every day until the bran-like scaling of scarf skin commences then give a dose of Sulphur 6^{x} every morning for one week, followed by a dose of Tonic Powder every morning and night for one week.

The principal object of drugs is to prevent complications by other diseases. If at any time after fever commences it runs dangerously high, or affects the head, or there be symptoms of Scarlet fever, give Belladonna instead of other medicines until those symptoms are relieved. If anything hinders or stops development of the eruption, give one or more doses of Heper Sulphur 3^{x}. If premonitory symptoms of Pneumonia, or Typhus, are noticed, give Tonic Drops until those dangers are averted.

DIET, &C.

All kinds of meat or fish, and all other kinds of food that are not suitable for Fever patients, should be dropped on first symptoms of Cold and shunned until treatment of this treacherous ailment is finished. Water that has been either distilled or boiled should be the only drink, "and during eruptive period should be warm." The temperature of room should be as near 60 as possible, but no draught of air should strike the patient. Sometimes patients have chilly sensations and desire extra cover, "then fall asleep and throw off all cover," thus taking "a dangerous cumulative Cold." Hence it is a very important part of the Nurse's duty to guard against everything that may produce such result.

Either costiveness, or dangerous looseness, of the bowels should be regulated by the diet. In all cases an "injection of warm water" should be used the first day of treatment.

SCARLET FEVER.

About one week after exposure to contagion, the patient has some symptoms of Common Cold, but first day the fever increases until the pulse often beats over 130 times per minute. On second day the sore, inflamed throat (which generally precedes the eruption), shriveled, flushed face, and "continual rise of fever," which distinguish this from all other fevers, give warning of this dangerous disease. Small reddish spots appear on the neck and chest and spread until by the third day large patches of the skin are of a **bright scarlet color.** (Pressure with finger upon the skin makes a white spot, which speedily regains its color from the "outside to the center," just the opposite of Measles.)

The highest fever and bloom of the eruption is generally reached before the end of the fourth day, and begins to subside by the sixth day, when white scales commence pealing off the neck. Later the patient enjoys picking large flakes of skin from hands and feet. The scaling off period, lasting from eight to fourteen days. Complete recovery usually occurs in the fourth week.

A Physician should be called as soon as this dangerous disease is discovered. But for any family that cannot obtain a reliable Physician, we offer following suggestions:

TREATMENT.

When there is epidemic of Scarlet fever, or Diphtheria, or any of the young people of the family are liable to exposure to either disease, all that are old enough should "gargle" with Ant-itis Lotion four times each day (all who go to school should gargle before mingling with children who remain at home), and take at least two doses of Ant-itis each day. On the slightest indication of Scarlet fever, give a full dose of Aconux; one hour later commence alternating Belladonna and Golden Powder two hours apart; use the Ant-itis Lotion gargle between doses of medicine (continue until the fever subsides, but the Nurse must use discretion as to size of

doses in different stages of the disease). If there be burning and itching of the skin on any part of the body, lave with Ant-itis Lotion, any strength desired.

After an eruption has started, if sudden suppression indicates that cumulative Cold has been incurred, or there be any evidence that Typhus poison is germinating (as complication of the diphtheric poison which is causing the Scarlet fever) alternate Tonic Drops with the Belladonna instead of Golden Powder, and occasionally give one dose of Sulphur 6^{x} * instead of a dose of Belladonna.

One peculiarity of Scarlet fever is "that there is little uniformity in the eruptions of different epidemics. Sometimes there is little or no eruption on the skin, but still very dangerous inflammation of serous membranes," hence the most reliable symptoms are the peculiar unremitting high fever and sore throat.

This disease is considered contagious so long as skin continues to peel off; also that well persons may carry infection in clothing.

* "While nursing in Hospital Wards where allopathic means were used to reduce Inflammatory fevers, I noticed that majority of deaths occurred in the 'absorbing period,' but in a Ward where homœopathic means was used to reduce Inflammatory fevers, no deaths occurred in the absorbing period. Which led me to following conclusions:

"When foul conditions in a community generate the essential principle of diptheritic poison, and the atmosphere is depressing, persons of low nervous vitality are most likely to germinate Diphtheria, i. e., have principal seat of disease in the mucus membranes of the throat; while a class of young people with more nervous vitality, but yet a constitutional susceptibility to this peculiar blood poison, are more apt to have principal seat of disease in serous membranes (which line the closed sacs of the body). Severe inflammation of serous membranes always cause high fever, and suppuration of more or less 'extraneous matter,' which must be absorbed through same membranes that cast it into those sacs, before there can be complete recovery. Hence while 'Heper Sulphur 3^{x}' is proper remedy for relieving suppressed eruption in Measles, and for preventing accumulation of false membrane in Croup, there is danger of it becoming 'allopathic' in Scarlet fever and Diphtheria by stimulating serous membranes to suppurate more extraneous matter than nature is able to absorb out of the closed sacs." Diphtheritic poison affects all membranes of the body, but the persons first mentioned do not have sufficient nervous vitality to conduct cleansing process in both sets of membranes at same time.

"For further explanation of difference between Catarrhal and Inflammatory fevers, see articles on Pleuritis, Bronchitis, and Pneumonia."

SCARLET RASH.

While there must be some "conditions of Common Cold" in production of this ailment, they are generally unnoticed until the Rash appears. The eruption is darker red than Scarlet fever, but not quite so dark as Measles. Slight pressure with finger on the skin does not produce white spot. On passing the hand over the eruption, instead of the glazed feeling of Scarlet fever, "a fine granulation is felt," smaller than the pimples of Measles or the hard-pointed elevations of Small-pox.

In "simple cases" the fever never runs very high, and with proper nursing the Rash runs its course in from two to four days. But as this disease is liable to be complicated with conditions similar to Measles, Scarlet fever or Small-pox, we recommend the following precautionary

TREATMENT.

During the Rash give one Magic Pellet every two hours from 1 P. M. until bedtime, followed by a dose of Elixir each morning. If there be any indication of suppression of the Rash give alternate doses of Sulphur 6^x and Tonic Drops so long as seems needed. But if any other distinct disease should develop, it should receive its own proper treatment.

On account of the "susceptibility to take Cold," which is a general sequel to this disease (not yet fully understood), no matter how mild the sickness may have been, it should be followed with a dose of Sulphur 6^x each morning, and a dose of Calcarea 6^x each night for one week. Then give two doses of Tonic Powder each day for one week.

ITCH, ECZEMA, HERPES, AND HIVES.

Itch needs no discription here. Eczema is an eruption resembling blisters. Herpes is a general name for salt-rheum, ring-worm, and similar affections of the skin. Hives consists of red spots which sometimes spread over considerable surface, and are attended with swelling, itching and

burning. It is particularly troublesome in warm weather and at night. In some cases the redness comes and goes with considerable rapidity of change.

TREATMENT.

Whether the "worm" that causes the Itch be the product of unhealthy condition of the skin, or has emigrated from some other person, full strength Ant-itis should be applied until it either dies or gets out. Either of the other forms of skin disorder will need different strength of Ant-itis Lotion on different persons and at different stages of same disease.

In some cases very little internal medicine is needed; in other cases constitutional dyscrasy makes the disorder obstinate, requiring careful study and patient treatment. Anywise the Nurse should seek and so far as possible stop the cause, but commence all cases with one or more doses of Aconux. Then follow with whatever medicine seems best suited to that special case. Familiarity with Characteristic Effects and method of administration suggested in other articles will enable the Nurse to make intelligent selection of remedies for above mentioned diseases. If the general system is made healthy, Ant-itis will soon heal disorders of the skin. Hence, light, unstimulating diet and perfect cleanliness of person, clothing and environment are very essential elements of treatment.

SMALL-POX.

The Bible teaches that man was created physically perfect, **but not morally perfect,** else he would not have manifested desire to do wrong. The **essence of Christian religion** (free conscience) reveals means by which humans may overcome inherited evils and shun evils in present environment.

Small-pox is one of the provisions of nature for cleansing the blood of families that have been more indulgent than generations of hogs are when allowed to care for themselves. And those who do not know how to exist without free use of

"pork" produced by man's method of getting the most grease at least expense, should employ a Physician, because in such cases nature has such a big job of "housecleaning" sometimes there is "collapse of the house" before the job is finished. But "uncomplicated Small-pox" is not half so dangerous as "ordinary Measles." And for families that have an intelligent Nurse we offer following suggestions:

INITIAL STAGE.

In nine or more days after exposure to contagion the patient has what may be called an "uncommon Cold," amounting in some cases to a chill, followed by spells of chilliness, and a **peculiar fever, which continues to rise for three days** (with slight remissions only in morning).

This fever is usually accompanied by sickness of stomach with inclination to vomit, bad odor from mouth, vertigo, headache, languid, weary feeling, and aching pain in differ ent parts of body, "especially the back."

In mild cases the symptoms may be slight, while in severe cases they may cause convulsions on the third evening (just before pocks appear). Sometimes on second day of this stage a red Rash appears on some parts of the body, but only lasts one or two days, and needs no special attention.

MATURING STAGE.

Between third and fourth day "little red spots appear on the face," twenty-four hours later on chest and back, and on the extremeties forty-eight hours after first appearance on face. Those spots might be mistaken for Measles but for a "hard point" in center of each pock, which "by sense of touch" is also easily distinguished from the finer granulations of Scarlet Rash.

For about three days after the first pock appears on any part of the body, other pocks continue to appear on same part, and each pock runs its own independent course, which is about six days from first appearance until ripe. Notice also, that while those pocks are forming on the skin, a similar eruption is forming on mucus membranes.

At commencement of this stage the fever and other painful symptoms begin to subside. But as the pocks develop, first with raised center, then with depressed center, and then in last part of this stage fill up with matter, the fever rises again, and inflammation makes a red ring around the base of each pock, which gives the face a swollen, erysipelatous appearance. As this condition spreads over the whole body (in same order that first pocks appeared) the patient complains of "great tension and burning of the skin," also of "chilly sensations."

DESICCATIVE STAGE.

About twelfth day after first symptoms of the "uncommon Cold" the pocks begin to either burst and discharge contents, or dry up and become covered with hard, brown crusts, which gradually drop off. Pocks which are deepest in the skin being the last to mature and heal up. Shallow pocks leave a dark red spot, which soon becomes natural; deep pocks leave a red spot, which changes to unnatural whiteness. Simultaneously with bursting of pocks on the skin, fever and inflammation of mucus membranes subside. Such is the common course and progress of **distinct small-pox.**

When constitutional foulness of blood, or unwholesome environment, cause so many pocks that they seem to be one solid mass of sore, it is called **confluent small-pox,** and unless the Nurse has experience with such patients, a Physician should have charge of the case.

TREATMENT FOR DISTINCT SMALL-POX.

When persons that are liable to small-pox have been exposed to contagion, they should abstain from all fats, flesh, and fish, all pastries, narcotics, and condiments (except salt and sugar). Rice and ripe apples (either raw or cooked) should be the principal diet. Toasted white bread when bowels require it, but bread and gruel made from "Graham

flour" when digestive organs will bear it. Water should be the only drink; and above style of diet should be followed (close as circumstances will permit) through whole treatment.

INITIAL STAGE.

Soon as chilliness or any other symptom announces this disease, the patient should take six Magic Pellets for first dose, and one Magic Pellet every two hours remainder of that day, and use injection of warm water same as for Common Cold. Remainder of this stage, take a small dose of Elixir each morning, and one Magic Pellet every two hours each afternoon.

FIRST PART OF MATURING STAGE.

When pocks commence appearing "the Nurse" should give Sulphur 6^x and small doses of Tonic Drops, alternately about two hours apart, but never wake a patient from natural sleep to take medicine, and unless there be something special, omit all medicine (during whole treatment) between ten P. M. and six A. M.

SECOND PART OF MATURING STAGE.

When second fever begins to rise, give two one-drop doses of Aconux, two hours apart. Remainder of this stage give small doses of Golden Powder and Ant-itis, alternately, about two hours apart.

DESICCATIVE STAGE.

When the pocks commence to burst or dry up, give small dose of Neutraline every four hours for one week; then give a dose of Sulphur 6^x each morning, and dose of Calcerea 6^x each night for one week; follow with two doses of Tonic Powder each day for one week.

These are the medicines most likely to be needed, but the Nurse should study whole article on Characteristic Effects and be prepared to meet any check or irregular

symptom which circumstances may incite, because the object of this treatment is to "assist nature" in removing the greatest possible amount of constitutional poisons, with least possible danger and pain.

ACCESSORY.

After pocks appear, the second fever and general inflammation of skin and membranes, "especially the burning and itching," can be much relieved by frequent applications of Ant-itis Lotion (one part of Ant-itis to fifteen parts of water). For inflammation of mouth and throat, one part of Ant-itis to seven parts of water; should be made in a bottle and used freely as a gargle.

To prevent **pitting of face,** put some Ant-itis into a small pot (such as are used for Extract of Beef) and apply to the pocks with a small camel-hair brush; and when necessary to allay inflammation, the same Lotion that is used for other parts of the body may be applied between applications of Ant-itis. In Desiccative stage, the Nurse must decide whether Ant-itis or Green Salve is best dressing for face.

Nurses can learn from each other the most convenient means to prevent scratching with hands.

Individual screens "to shade the eyes and face" are beneficial, but it is not proper to shut all sunlight out of any room that holds contagious fever.

Clothing of bed, patient and nurse should be changed often, and everything in the room kept scrupulously clean.

The room should be kept cool and well ventilated, but no draught of air should touch the patient "unless convulsions require it."

The brush, sponge, or cloth used for external applications must not be used for different patients (but destroyed when each recovers), because, no matter how similar small-pox may appear on different patients, **each person secretes their own constitutional poisons in their pocks.** This is the divine purpose of small-pox, "each system casting out its

constitutional poisons cumulated before and during the disease." Hence, inoculation with matter from a pock conveys constitutional poisons more often than future immunity from small-pox fever. Anywise, inoculation with matter from a pock produces opposite effects from purpose of this salutary ailment.

The assumption **that inoculating a cow with matter from a human pock, and then inoculating a human with matter from a pock produced by that cow, eliminates syphilis, or any other constitutional poison common to humans,** is a "fraud," condemned by human experience and natural law. (Animals have died "in Illinois" from a venereal disease common to humans, and many humans have died from Glanders and other diseases common to animals.)

Peculiar conditions in a human system can germinate "Small-pox Fever," which is contagious and beneficial to all persons who recover from its cleansing effects. But the predominating character of Small-pox "matter" cast out of any system is a combination of "blood poisons," which may contain (or carry) sufficient amount of Small-pox contagion to induce light attack of fever, which has been assumed to immune "the victim" from genuine Small-pox Fever. But I have noticed that Medical men who advocate Vaccination were always willing to reinoculate their victims during any Small-pox panic, on the excuse that former inoculations may not have contained sufficient "Small-pox virus" to insure continued immunity.

It may sound harsh to persons who have not investigated this matter, but forty years personal experience with "evil results of Vaccination," and observation of frauds practiced to prevent honest reports of such results, impels me to express the opinion that any licensed Physician of this century who advocates "compulsory Vaccination" is either an ignoramus or a rascal; because "inoculating the children of a civilized community with 'complicated constitutional poisons,' which will be transmitted to their children, thus

aggravating the malign ailments of several generations," makes a thousand times more work for Physicians than they would get from genuine Small-pox Fever.

In hot weather, or when there is an Infant, or pre-natal life in the home, Small-pox should be shunned, but when the family is prepared to take proper care of patients, it should be considered a blessing for two reasons. 1. Correct understanding of this Ailment will produce cleaner living among all civilized nations. 2. Small-pox will enable our offspring to get rid of much **constitutional foulness** ancestral "ignorance" is leaving to them.

CHICKEN-POX.

This disease is similar to small-pox, but is a milder ailment, and mostly confined to children.

The child does not complain of the sickness of stomach and intense pain of back, which usually precede small-pox.

Each "vesicle" runs its own independent course in three or four days (and leaves no mark), while a small-pox "pustule" does not mature in less than six days.

It is often "epidemic," but not considered contagious.

SYMPTOMS.

The "Common Cold stage" is seldom noticed.

Little red spots, "like flea bites," appear on the scalp, neck and body (without any regularity), and in a few hours commence developing into "vesicles," which fill with straw-colored fluid, then dry up and drop off, leaving no mark.

As the eruption spreads over the body, new crops of vesicles appear, while former crops are drying up or falling off, so that the ailment may last fourteen days, or longer.

During development of the vesicles there may be chilly sensations, and considerable fever.

The child is apt to be peevish and restless, but not sick enough to prevent desire for play; and with the care concerning diet suggested for small-pox patients, most cases would recover without any medicine;

BUT

Sometimes an independent "pustule" (like pock of small-pox) appears and leaves a mark; or "vesicles" may seem to be intermediate variations between pock and vesicle; or the disease may affect the brain or lungs sufficient to produce severe sickness and danger.

FURTHERMORE.

Since this disease has the same object as small-pox (removing extraneous matter out of the system), the wise Nurse will give an injection of warm water on first day (and afterwards if necessary to keep bowels in proper condition), and will also give proper medicines for "the unnoticed Common Cold" which precedes such kind of ailments; and during course of the disease will give any medicine suggested for small-pox, if any symptom appears that requires such medicine, bearing in mind that doses suggested in Article on small-pox are for adults, and must be reduced for children, according to instructions given in Characteristic Effects.

Simultaneously with development of vesicles on the skin a similar eruption affects mucus membranes; hence, if fresh Cold or any other influence should "check the eruption," that should receive prompt attention

DIPHTHERIA.

IS A MIASMATIC—CONTAGIOUS—BLOOD POISON.

Generated in damp, filthy environment, and regerminated in persons whose nervous vitality is debilitated by luxurious living in unhealthy apartments, or any other debilitating influence, "especially nicotin poisoning" from tobacco smoke. It has no respect for age or station, but is most common among children (see further description in Article on Croup).

SYMPTOMS.

First stage.—An uncommon **depression of nervous system,** manifested in "feelings" and in expression of face, with a fetid odor in breath (not always distinguished).

Second stage.—Inflammation of mucus membranes of mouth and throat "and small, whitish spots over the tonsils, which in a few hours become patches of yellowish exudation" growing out of the submucus tissue.

Third stage.—If the disease is not checked in the second stage, the patches of exudation get started in mouth and throat and unite in forming what is called **the false membrane,** which is yellowish, or ash colored.

This exudation is not the seat of the disease, but a symptom of condition of the system, and Medical books record cases wherein other organs were affected more than mouth and throat.

The "croupy-sounding cough," which may accompany second or third stages, does not indicate Croup, and should not sidetrack any treatment of this disease.

TREATMENT.

First stage.—If you have any suspicion that your child is **regerminating Diphtheria,** so far as possible **remove all influences that depress the nervous system.** Then give a dose of Golden Powder every morning, and Magic Pellets each afternoon, "same as for Common Cold," and see that it uses Ant-itis Gargle (one part of Ant-itis to seven parts of water) at least four times each day.

If that nips the disease in the bud, so much the better, because many a child has died from "Diphtheria poison" without any perceived exudation in the mouth.

Second stage.—Soon as you see the least speck of exudation over the tonsils (or any part of the mouth or throat) give a dose of Golden Powder every two hours, and use the Gargle every two hours (midway between doses of medicine)

until the exudation is checked. Then give doses of Golden Powder about four hours apart, but use the Gargle frequently until inflammation of membranes is relieved.

During treatment of this stage if Typhus or Pneumonia symptoms complicate the case, give four doses of Tonic Drops two hours apart; then return to Golden Powder.

If Scrofula fosters the Diphtheria poison, after giving Golden Powder a fair trial without usual results, alternate Neutraline with Golden Powder, so long as seems best. Convalescent patients should take Tonic Powder about two weeks to tone up the system.

For dose of medicines in this disease, see Characteristic Effects.

DIET.

On account of the debilitating nature of this disease, the diet should be nourishing, but easy to digest. Well-cooked "gruel" made from whole-wheat flour and flavored with Extract of Beef, condensed milk or sweet cream, and corn starch flavored with prune juice are fair samples of food. The drink should be water (flavored with cocoa when desired).

Occasional injections of warm Ant-itis Lotion (one teaspoonful Ant-itis to each quart of distilled water) are very helpful in treatment of this disease. If the family is not prepared to make Aerated Distilled Water for all Lotions and Gargle, used in this treatment, the water can be boiled.

CONCERNING THIRD STAGE.

Twenty-five years ago, when we invented Ant-itis, as a local application for all kinds of "inflammation," and Golden Powder as a specific for the "canker" of Nursing sore mouth, Nurses soon discovered that those two Remedies made a "specific antidote" to Diphtheria poison.

When Physicians accused Mothers of having Diphtheria in the family "without paying them for putting sign on the house," Mothers retorted that all Diphtheria cases treated with Suffield's Remedies "got well," while a large portion of cases treated by Physicians "died" (a self-evident fact which ended the dispute).

EXPLANATORY.

One characteristic effect of Diphtheria poison on the patient is a **stubborn, contrary disposition.** Hence all children should learn to gargle with pure water when well.

It is astonishing to see how young a child can take a large spoonful of water into the mouth and gargle the throat without swallowing the water, **just to prove that it can do what the older children can do.**

And every family should have a bottle labeled ANT-ITIS GARGLE, in which any strength of gargle can be mixed on short notice. Then every child will learn that there is **relief for every kind of inflamed mouth or throat in that bottle.** Thus children have continued going to school with immunity from epidemic throat diseases, while neighbor children without such training, and use of Ant-itis Gargle, have kicked like Ranch Mules "at anything Physicians wanted them to do," and died in Third stage of Diphtheria.

Personal observation has convinced us that families who follow directions given in this book will have no case of FALSE MEMBRANE.

CROUP.

The following comparison will assist the Nurse to distinguish between symptoms of this disease and Diphtheria:

Diphtheria germs are specially active in **damp, muggy weather;** Croup is most prevalent when **cold winds prevail.**

Diphtheria exudation grows **out of submucus membranes,** and may leave scars; Croup exudation grows **on mucus membrane,** and leaves no scar.

Diphtheria (generally) has **peculiar odor** from mouth; Croup has light odor that is **hardly distinguished.**

Diphtheria is mostly **epidemic,** attacking all ages; Croup is **sporadic,** and confined mostly to young children.

Diphtheria **is contagious,** and most dangerous among **puny persons;** Croup is **not contagious,** and most dangerous among **fat children** with short necks.

Diphtheria is (generally) **regular** in development and recovery. A child may have second stage of Croup one night, **be playful and seem out of danger next day,** but die in "fourth stage" the following night.

Diphtheria **is incurred** "through inability of the nervous system to resist miasmatic germs which poison the whole system." Croup **is incurred** "through an 'initial Cold,' which attacks the windpipe." Furthermore, the LARYNX (upper part of the windpipe) contains the organs of the voice and has a peculiar valve (automatic trap-door) called epiglottis, to prevent food from falling into the windpipe while passing over to the entrance of the œsophagus; and besides a very sensitive mucus membrane, the "larynx" is supplied with a number of mucus glands to keep it properly lubricated during performance of its various functions. Those functions (especially the passing of cold or dry air) make the process of changing Common Cold into Catarrh both painful and difficult by not allowing time for the suppurative stage of ordinary Catarrh, and by a tendency to coagulate the exudation on the surface of mucus membrane of the windpipe into a superfluous structure called FALSE MEMBRANE.

FIRST STAGE.

"A Cold," which has been overlooked or neglected; because proper treatment of the "Cold" would have prevented the Croup.

SECOND STAGE.

Usually the child wakes up in the night with hoarse, croupy cough, restless, frightened expression in face, and some fever; but those symptoms may appear any time.

THIRD STAGE.

The breathing has become short and difficult, with a shrill, whistling, harsh, rattling sound. There is considerable fever, and the "cough sounds" very much like the first efforts of a young rooster to crow.

FOURTH STAGE.

The exudation (on the inflamed mucus membrane that lines the windpipe) has coagulated into a "false membrane," which interferes with "valvular operations" of the windpipe. Breathing is so difficult the child throws back its head, puts fingers in its mouth, &c., in vain efforts to remove the obstruction, and unless the "false membrane" is removed, the patient chokes to death.

INCIDENTAL REMARKS.

Under improper treatment, the symptoms we have classed as second, third and fourth stages have developed in twenty-four hours; other cases have been tinkered along for five days, and then died or made tedious recovery. Some children manifest a chronic predisposition to Croup by symptoms of "third stage" in a few hours after playing in cold water, while in others there is one or more days of warning before a severe attack. Anywise, Mothers should be vigilant in guarding against it.

TREATMENT.

Should be prompt and vigorous. For symptoms of second or third stages in a robust child two years old, we would commence by mixing three drops of Aconux with eight spoonfuls of water—give one spoonful; five minutes later place two grains of Heper Sulphur 3^x on the tongue and let it dissolve in the mouth before being swallowed; five minutes later give second dose of Aconux; five minutes later place one-half grain of Golden Powder on the tongue and let it dissolve in the mouth before being swallowed; five minutes later give third dose of Aconux. Continue until eight doses of Aconux, five doses of Heper Sulphur, and four doses of Golden Powder have been taken, then (if necessary)

rub the throat with Eureka Oil. If this treatment does not give satisfaction in thirty minutes after rubbing throat with the Eureka Oil, call a Physician. But if the Nurse understands the case and believes this is proper treatment, she may continue with whatever "size of dose" and interval between doses seems best suited to the circumstances. Moreover, in mild cases the doses may not need to be so crowded as described above; and for cases that cannot manage "dry powder" these may be dissolved in water (using three separate spoons and glasses), but we prefer this mode when it can be used, and it is also helpful for each dose of Aconux to be held in the mouth a few seconds before being swallowed.

If the child is not wearing woolen, a piece of soft flannel should be fastened under the clothing so as to cover the breast.

The air of sick-room should be comfortably warm, and if heated by stove or furnace, a can of water should be placed on the register or stove to overcome dryness of the air.

If there be inclination to costiveness, injections of warm water will prevent unnecessary fever and hasten recovery.

CAUTION.

Sometimes Croup is complicated with other diseases which break down the nervous system and make the child irritable and peevish, "with slow continued fever." Such cases are always "critical" and need attention of skillful Physician.

Removal of a "false membrane" is not proper subject for Domestic practice. (I have never heard of false membrane accumulating during proper administration of the remedies suggested above.)

SYPHILIS.

This form of blood poisoning is a divine provision to prevent improper intercourse between the sexes. The time of incubation varies from five days to three weeks, according to condition of the victim's system.

A small "pimple" where the contagious virus entered the skin, or mucus membrane. This pimple develops in a few days into a "pustule," which ulcerates at the top and discharges a "gray, slimy pus," which adheres to the bottom of the pustule, which is now called "chancre." The matter from this chancre will inoculate other persons with Syphilis. Opinions differ as to whether matter from this chancre will cause similar chancres on the same person. (I have seen a man who lost the sight of one eye through rubbing it with a finger polluted with his own matter.)

2. From six to eight weeks after opportunity for inoculation, "constitutional symptoms" commence to show that the victim is unfitted to become a parent during the remainder of life, and liable to generate poisonous ulcers any time.

3. The children of such victims inherit "Secondary Syphilis," which is manifested in various ways. Some are so precocious that they seem to be born men and women, but when proper time arrives for them to be men and women, have stunted intellects; others have large heads, seem dull, and develop missformed bodies, but during adult life develop ordinary intellects. But the most prominent characteristic of all of them is "susceptibility to disease and inability to bear hardship."

During adolescence "inherited Venemalnervia" causes most children of syphilitic parents to assume that they have inherent right to marry without being responsible for results. Later, medical people offer flimsy cloak by telling them their children have Scrofula. How many generations it will take to breed syphilis out of their descendants depends upon "the manner of living and method of treating disease" adopted by those descendants.

It is not proper for me to suggest medicinal treatment for Syphilis in this article, because Conite women should never touch person or clothing of syphilitic victims. Moreover, "sanitary laws of civilized nations" require destruction

of all other animals that manifest this disease; and since spreading Syphilis is greater damage to the nation than manslaughter, I do not know of any reason why human victims should be exempt from electrocution and cremation.

EXPLANATORY.

Hebrew writers of sacred history represented Jehovah as a God of vengeance, punishing man for improper acts of ancestors. God's attitude towards man has not changed, but mankind have developed more correct understanding of both God and man, so that we now know that all crimes are result of ignorant or diseased minds. Hence Millennial conscience demands "a revision of man's protective plans," in which International Court and Police shall protect the world from any dangerous or unruly nation, and National Courts and Police protect the nation from dangerous or unruly individuals.

This necessitates national condemnation of individual criminals (**who are not too dangerous to live**) to unlimited confinement in Sanitariums adapted to each special class, where they can have proper exercise and treatment, with a "furlough provision" which will prevent need of second condemnation for same class of crime.

SCROFULA.

The article on Syphilis describes the origin of this disease. While "narcotics" are the thin end of the wedge that open the way for all diseases to invade man's nervous system, "fornication" is the thick end of the wedge which separates soul from body before one-third of human mission is accomplished.

In the Articles on Rheumatism and Small-pox we gave some hints concerning the manner in which "each individual system that receives blood-poison by inoculation generates a new complication from unhealthy environment and its own dyscrasia during the fever caused by that inoculation." Hence all that need be said in this article is, "That since

'Initial Syphilis' is the most virulent poison generated by live human flesh, it cannot be modified by inoculation; but 'Inherited Syphilis' is modified by sanitary environment, and complicated by the individual dyscrasia of each generation that transmits it, and that those conditions have been evolving ever since the days of Noah, thereby reducing the nervous vitality of all nations to 'present condition,' in which all diseases we have to deal with are more or less complicated with Scrofula."

Information that a patient is "member of a scrofulous family" is merely warning that there are latent germs in the system, which may cause trouble if awakened by present circumstances. Therefore every Nurse should make careful study of the form of Scrofula called

TUBERCULOSIS.

A "tubercle" is a uniform, dry deposit, varying in size from millet seed, in membranes, to oat grain, in cellular tissues of lungs, and hazel-nut, in gray substance of the brain. Is generally unnoticed, or apparently harmless, while not disturbed, but when fermented by continued inflammation of environment, generates Bacteria which destroy the tissues that environ each tubercle. Such destruction of tissues is called Consumption, whether it be in lungs, bowels, brain, or other organ. In other words, the "morbid condition of the system" which causes development of tubercles in any part of the body is Tuberculosis. When any influence causes any of those tubercles to decay, "the destruction of tissues caused by that decay" is called Consumption. Since correct understanding of all influences which produce Tuberculosis, or change Tuberculosis into Consumption, is the first step towards preventing the dangerous disease called Consumption, the following articles on Pleuritis, Bronchitis and Pneumonia will be helpful in explaining some of those influences.

PLEURITIS.

Is "inflammation of the serous membrane that lines the inside of the chest and covers each lung.

PATHOLOGY.

The outside of all portions of each lung is covered with a serous membrane called "Pleura," which doubles back from root of the lung in such manner that it reaches to and lines that half of the chest, thus forming a closed sac between the lung and the chest, with the lung held in "and adhering to" a pocket of that sac.

Serous membranes assimilate a "white fluid" from the blood, and secrete it upon their own surface (to prevent friction), hence a "Cold" has the same effect on a serous membrane that it has on a mucus membrane, and the "process" of changing Cold into "suppuration" is the same in both cases; but the provision for getting the suppurated material out of the body is very different.

Cavities, and tubes, that are exposed to "air and injurious fluids" are lined with mucus membranes of variable depth (being composed of layers of cells differing in form and size, to suit each particular location). Such membranes secrete sufficient mucus to suit the function of each particular organ; hence the "suppurated matter" commences to flow off soon as inflammation sets it free from the membrane. This process generates a "moderate fever," which is always recognized as a **Catarrhal fever,** because such inflammation does not injure the "tissue" of the organ that is affected.

Serous membranes line all blood vessels, and each "closed sac" of the body. Such membranes are very delicate and sensitive, and (in health) only secrete sufficient fluid to keep their own surface soft and smooth, because after a "Cold" has attacked the membrane of a closed sac (like the Pleura) and the "Cold stage" changed into suppuration, the suppurated atoms must be absorbed by capillaries of either lymphatic or blood vessels before such atoms can be

carried out of the body. Moreover, "inflammation" of a serous membrane always injures the tissue that supports the membrane. Such inflammation produces "high fever," and is always recognized as **Inflammatory fever.**

FURTHERMORE.

If no "cumulative Cold" is incurred, the danger from inflammation of a mucus membrane is passed soon as the suppurated matter commences to flow off freely, while the period of "absorbing suppurated atoms" is the most dangerous time of Inflammatory fevers.

Those contrasts suggest that mucus membranes should be encouraged to "suppurate freely" as location will permit; but inflammation of serous membranes should be "subdued" soon as possible.

SYMPTOMS.

A chill or chills (shivering) followed by high fever, quick, hard pulse, "a lancinating pain in some part of chest, which makes breathing and coughing very painful," dry skin (hot over the part where pain is located), and general prostration. The patient can lay a finger on the spot where the pain is felt, is restless, cannot find any easy place in the bed, lies on affected side, or when lying on the back bends the body sideways to keep the lung close to sore spot, because any position that will cause the lung to "draw away" from the sore spot increases the pain, and for same reason "if the sore spot is located in the part of the membrane that reaches across from bottom of lung to the chest," the patient lies on that side and leans forward.

This disease may be brought on by sudden check of perspiration, exposure of the chest to cold, bleak wind, or any other influence that will cause a "severe Cold" to attack this part of the body; or it may be started by bruise, sprain or other accident which injures this membrane.

If both sides are affected at same time, we may expect to find it complicated with Scrofula. Such cases are very dangerous.

Under all circumstances, Pleuritis is a very serious ailment, and on account of liability to complication with other diseases, needs immediate attention of skillful Physician. But for the purpose of making the Nurse familiar with use of our Remedies in "inflammatory fevers" we suggest

TREATMENT.

Soon as any symptoms of this disease are discovered, mix three drops of Aconux with three spoonfuls of water and give in three doses, fifteen minutes apart. Thirty minutes after last dose, mix three drops of Elixir with three spoonfuls of water, and three drops of Aconux with six spoonsful of water, and give those medicines alternately one hour apart. Two hours after last dose of Elixir is taken, mix three Tonic Drops with six spoonfuls of water and give this medicine and Aconux alternately two hours apart. After last dose of Aconux is taken, mix six drops of Ant-itis with six spoonfuls of water, and alternate one-drop doses of **Ant-itis** with one-half-drop doses of **Tonic Drops,** two hours apart, so long as seems best.

Every other morning during treatment give a dose of Sulphur 6^x (instead of other medicines). One object of Sulphur 6^x is to prevent the system from becoming accustomed to the medicines of regular treatment.

If at any time (during treatment) Chilliness with **dry, hot skin,** indicate that a Cumulative Cold has attacked any part of the system, give three drops of Aconux, one hour apart, and one drop of Elixir one hour later; then return to regular treatment.

At any time, if "Characteristic Effects" and condition of the patient indicate that smaller doses of Tonic Drops will fit the case better, such change should be made; but under all circumstances in this disease every dose of medicine should be given in a tablespoonful of water, and held in the mouth a moment before being swallowed. The relief this gives to the parched tongue will cause the patient to relish the medicine, and thereby assure its assimilation.

After the fever subsides, Tonic Powder should be used one or two weeks, to assist the system in regaining its natural tone.

ACCESSORIES.

Soon as possible after treatment is commenced, an injection of Ant-itis Lotion (one teaspoonful of Ant-itis in three pints of water) should be used once each day until the fever subsides. The patient may object to lying on right side to give the injection an opportunity to enter the large bowel on that side, but the benefit of warding off Typhus complications will more than overbalance any pain incurred. Furthermore, cases have occurred in which "inflammation of the Pleura" have caused the lung to grow fast to the side, through lying continually in the same position.

When it is possible, by using elastic bandage or any other contrivance, to keep a "compress" on the part that seems most inflamed, a soft towel, or other porous cloth, should be dipped in Ant-itis Lotion (one ounce of Ant-itis to one gallon of water), then folded to fit and fastened on the inflamed part of chest. When the first towel becomes **dry** or **hot,** wet a second towel, replace the "first one" and hang it up in the air until needed to replace the second one. If this can be accomplished without the patient incurring Cumulative Cold, it is very helpful in reducing inflammation.

DIET.

In this disease "any kind of food is injurious until the fever subsides," and first few days of convalescence the diet should be restricted to Beef tea, gruel and sweet apple sauce. The "provision of nature" for such cases has been explained in Article on Cold and Catarrh (pages 7 & 8) and should be explained to the patient to prevent misapprehension of this matter.

Aerated Distilled water is a very essential element in treatment of this disease, "because the system requires more water than it can bear, when the water is impregnated

with usual impurities," hence ordinary water should not be used in any treatment described in this article.

Never give a patient more than half a glassful of water at one time, but let them have it so often as desired. Use no ice in the water; with this exception, let the patient choose the temperature. As occasional change, a cup of warm water may be flavored with one drop of Essence of Lemon and white sugar, and when desired, the water may be flavored with bread crust, toasted bread, or by having rice placed in the Family Still while water is being distilled.

BRONCHITIS.

The "branches of the windpipe" that carry air to all parts of the lungs are called **bronchial tubes.** Inflammation of the mucus membrane which lines the inside of those tubes is Bronchitis. This disease is caused by the same influences that produce Common Cold in any other part of the windpipe, but not being so painful as croup, is apt to be neglected until it becomes a chronic or cumulative "Cold," and the resulting "cough" compels attention. The difference between a "Catarrhal fever," caused by inflammation of a mucus membrane, and "Inflammatory fever," caused by inflammation of a serous membrane, have been explained in the article on Pleuritis. Uncomplicated Bronchitis has moderate fever, with dry, hacking cough, which seems better each morning and worse each evening, until suppuration (process of changing Cold into Catarrh) commences; then the accumulation of phlegm in the bronchial tubes causes difficult breathing and dull, oppressive pain in the breast in proportion to clogging of bronchial tubes.

If improper treatment, or cumulative Cold, prevent proper "flowing out" of the phlegm from the cells of the lungs, that will start inflammation of the "tissue" which holds the air tubes and pulmonary blood vessels in proper position—that would be "Pneumonia." And if that disease should be improperly treated in cases that have "tubercles"

located in the tissue, there is much danger of those tubercles decaying and generating Bacteria, thus destroying both tissue and air cells. Such result would be Pulmonary Consumption.

RESUMÉ OF SYMPTOMS.

1. Common Cold in bronchial tubes, and dry cough.

2. Moderate fever and dull, burning pain, "which soon changes to dull, oppressive pain" in the breast, with difficult breathing.

3. Free flow of phlegm from air cells, decrease of fever and other painful symptoms. If this result is not accomplished in reasonable time, Pneumonia with Typhus complication is apt to follow, because clogging of the bronchial tubes with phlegm prevents passage of sufficient air to purify the blood. Brain symptoms are the first evidence of that condition, but the whole system soon becomes affected with blood poisoning.

TREATMENT.

Soon as symptoms of Bronchitis are discovered, mix four drops of Aconux with eight spoonfuls of water and give two spoonfuls for first dose; one hour later give one spoonful. Two hours later mix three Tonic Drops with six spoonfuls of water, and alternate those medicines two hours apart. Second day, mix three drops of Elixir with four spoonfuls of water, and divide the time so as to give all in forenoon; afternoon, mix three drops of Aconux with six spoonfuls of water and give all before midnight. Third day same as second. Fourth day, commence giving one-drop doses of Antitis and one-half-drop doses of Tonic Drops, alternately, at such times as suits condition of the patient.

Any intelligent Nurse who is familiar with all instructions given in this book will understand what medicines are most suitable for remainder of treatment. Irritating, frequent cough that casts out phlegm (with reasonable fever) is favorable symptom, but "smothered cough, with cutting

pain in lung and increasing fever" indicates that seat of disease is in the small tubes and air cells, and that Pneumonia is not far off.

So far this article refers to the type of Bronchitis which is most prevalent among children and young people, and the doses suggested are for all ordinary persons over six years old. Younger children should have doses reduced to fit each case.

Heper Sulphur 3^x is the best remedy for chronic cases (resulting from improper treatment of Measles) so long as seat of the disease is confined to bronchial tubes outside of the lungs. Foot-note in article on Scarlet fever explains why Heper Sulphur should not be administered after Bronchitis develops into Pneumonia.

AMONG OLD PEOPLE.

What is called Bronchitis is most generally "a chronic predisposition to Common Cold in bronchial tubes," resulting from improper treatment of Catarrhal diseases in younger days. Such cases will receive much benefit from taking a dose of Heper Sulphur 3^x each night for one week. Second week, a dose of Eureka Oil each night, followed by small dose of Elixir each morning. Third week, a dose of Aconux each night. Fourth week, a dose of Tonic Drops each night. Repeated when necessary. Suffield's Electrical Appliances are helpful in warding off attacks in weather or climate that does not agree with the patient's constitution. Some winters many persons who seem well during the day have a dry, hacking cough every evening. One grain of Golden Powder dissolved in half a glass of water—one teaspoonful every time you cough—has relieved cases of that type of bronchial trouble.

PNEUMONIA

Is "inflammation of the substance of a lung." (When both lungs are affected it is called compound Pneumonia.)

The "purpose of the lungs is to supply the system with

oxygen and purify the blood; hence **bronchial tubes, pulmonary blood vessels** and the **tissue** which holds those organs in such proximity that the blood can absorb oxygen from air in bronchial tubes, and the air cells absorb extraneous material from the blood," are the "substance" of the spongious organs called lungs.

PATHOLOGY.

1. If Pneumonia is the result of an improperly treated case of Bronchitis, the symptoms will be similar to those described in that article, except that the moderate fever of Bronchitis has changed into the "inflammatory fever" of Pneumonia. Inflammation of the "tissue" which holds the bronchial tubes in position being the cause of that change.

2. If a very severe "Cold" starts inflammation in the "mucus membrane" of bronchial tubes, and the "serous membranes" in structure of the lung at same time, then the lancinating pain of Pleuritis will so overshadow the dull pain of Bronchitis that the patient would sooner be smothered with the clogging of phlegm in bronchial tubes than increase the pain by necessary exertion to expel phlegm from the tubes. Herein we see the crime of giving such patients narcotics which deaden the nerves and prevent the involuntary nervous system from expelling phlegm from the air cells by natural cough, because total inability to expel that phlegm from the lung will cause death by blood poisoning, and partial inability to expel that phlegm may continue the "inflammation" until decay of tubercles cause destruction of air cells, i. e. Consumption.

Hence we know that Pneumonia is a complex disease, caused by the same influences that produce Scrofula, Bronchitis and Pleuritis.

One prominent characteristic of this disease is "sudden development of dangerous symptoms and active progress of the fever toward either recovery or death." Therefore, an

intelligent Nurse who has constant observation of the patient, may be more efficient than a skillful Physician who sees the patient once a day.

The wail that comes from prominent Physicians in all parts of the world "that the fatality of this disease is increasing in spite of all their efforts to invent a specific to prevent it," emphasizes the necessity of all Nurses making careful study of the ideas presented in this book, because universal apprehension of those ideas would prevent Pneumonia and Consumption, by preventing other diseases and injuries from developing into either of those dangerous diseases.

CONCERNING TREATMENT.

The condition called "Common Cold" is the first stage of this disease, and also of invasion of parts not affected in first attack. Therefore, first intimation of this disease should be treated as a severe Cold; and even in cases that have passed or do not present the usual chill. Three full doses of Aconux should be given as close together as condition of the patient will permit, and followed in reasonable time by two doses of Elixir. Meanwhile injection of warm water, and any other hygienic means that will encourage change of "Cold into suppurative stage" with least possible irritation of the nervous system, should be employed. (In adults a nervous shock, with foreboding of evil, is often the first symptom of this fever.) If the chill, or chilly sensations, are very prominent I would use the Electric Chest Appliance (with light currents) by applying a Positive disk over "nerves of the liver," and Negative disk under the right foot; also a Positive disk over "nerves of the stomach," and Negative disk under left foot. If this is properly conducted, it will be soothing to the nervous system. Furthermore, in this disease a pulse and temperature below normal indicates more danger than above normal.

After proper handling of the Common Cold stage, no specific directions can be given for any particular day, because only a constant observer can know what particular

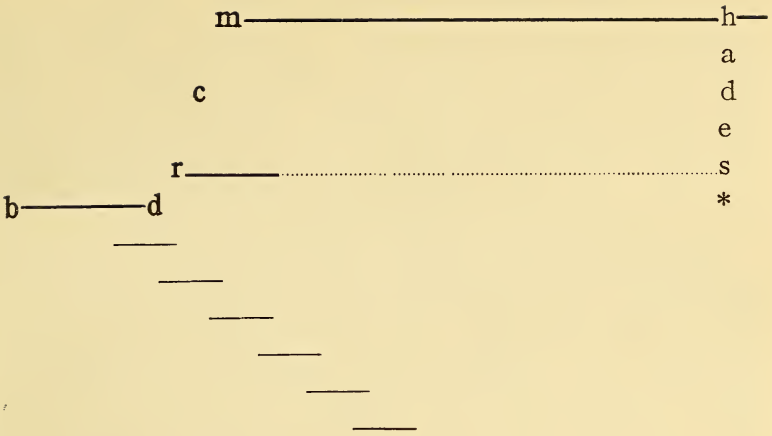
feature of this complex disease needs most attention. Moreover, a Nurse who understands condition of the patient and object of each medicine recommended in the articles on Bronchitis and Pleuritis, will see what is needed in Pneumonia. Unless the Nurse has such knowledge, all responsibility should be assumed by skillful Physician soon as fever is discovered.

PREVENTION OF PULMONARY CONSUMPTION.

One view of human life is "that there can be no conversion of food into blood, no suppuration from membranes (to change Common Cold into Catarrh), no eruptions (like Measles or Small-pox), nor any form of ulceration without the aid of bacteria; that those processes generate different types of bacteria from latent germs in the atmosphere we live in; and that if all humans lived in harmony with the physical laws that govern this world, our bodies would not absorb anything that produces disease." If this view is correct, then all those types of bacteria must be essential elements of nature in recuperation and renovation of human bodies.

Another view is "that all human diseases are caused by bacteria, and that if Physicians can discover methods of immuning our bodies from 'malignant types of bacteria,' on same principal that vaccination is supposed to give immunity from Small-pox, we can have a gay time (indulging our appetites and passions, while continuing violation of physical laws) when the governments of all nations take hold of the matter."

Now let us take a glance at God's plan for salvation of both **body** and **spirit.** "When any responsible human makes complete surrender of their own will to the will of their Creator (in any dispensation or nation) Jehovah plants a germ of his divine life in that soul. That transaction is **regeneration.**



In the above diagram of human destiny (b) Marks the birth-point of infant or **irresponsible** stage of human life. (d) Marks the time of "decision," when all who become responsible must either accept **regeneration** or drop onto successive stages which end in gehennel **obliteration.** (c) Marks the period of invisible evolution, in which Conite influences produce **conversion** of the mind. (m) Marks the perion of millennial heaven—**free conscience and health.** (hades) Is the ante-room in which "the redeemed" leave their mortal bodies, when passing into **everlasting life.** The dotted line indicates the **catholic way to hades** (of former epochs) through ignorance and disease.

The time has come for the "compromise principle" called catholicism to be obliterated in gehenna. After that is consummated in all nations, Jehovah will regenerate only those spirits which will be evolved into the "millennial heaven," where human lives will average one hundred years (explanation of present conditions, prophetic predictions, and divine promises, which prove that such occurrences are inevitable,

*The term "hell" has been used so ambiquously by English theologians; we are compelled to use the Greek word "hades" to designate the "place or process" in which a human body is resolved back into original elements: and the Hebrew word "gehenna" to designate the "process" by which a principle, or unregenerated spirit, is obliterated as completely as if consumed by supernatural fire.

is presented in article on Venemalnervia). Cainites who "experience honest repentance" at any stage which leads towards gehenna, are lifted by successive sessions of conscience back onto the Infant-stage, to have second opportunity to accept regeneration; but all who smother conscience until "the Holy Spirit is grieved," on any stage that leads towards gehenna, forfeit all means of return.

Thus God's plans convince Conites that even if medical men could invent "antitoxins" which would immune humans from all natural diseases (besides producing dyscrasia, more injurious to the constitution than natural disease), such immunity would encourage violation of physical and moral laws, thereby preventing regeneration and evolution of humans into millennial heaven.

One important item in prevention of tuberculous Consumption is the manner in which other diseases are treated. When a drug is administered in doses that overpower "nerve functions," which should resist or remove disease, that is Allopathy. When a drug is administered in such attenuated doses that it releives symptoms similar to those produced by allopathic doses of same drug, that is Homœopathy. After considerable experience with both systems, it is my impression that Allopathy has a tendency to change acute ailments into chronic diseases and develop dyscrasia; and that Homœopathy is only a crutch for crippled nerves, until our descendants become intelligent enough to develop systems that can resist all disease-producing influences.

CONSCIENCE IS THE MOST IMPORTANT FACTOR

In prevention of all diseases, "when it causes us to recollect right thing at proper time." We cannot recollect something we never knew, but conscience can cause to remember something so analogous to what we need to know that our "reason" can reach from the known to the unknown, thus causing us to apprehend the necessary idea or fact. This is the basic principle of revelation, and the origin of the adage that "where there is an 'honest will' there is a way."

Would insure such proper care of children; hygienic living and shunning of injurious influences by adults; that a few succeeding generations (under such influences) would develop the nervous system of such families until their bodies would become immune from disease.

While there has been much talk about need of healthier dwellings, still the greater portions of our dwelling-places are generators of disease. The remedy for this is: Well-informed well-paid Health Officers, and Municipal power to prevent or condemn every public nuisance (with understanding that anything which fosters disease is a public nuisance). Regardless of the question as to whether present wages give wage-earners proper share of the wealth of this country, all honest men (of ordinary ability, with intelligent, healthy wife) can commence married life in a healthy home "when twenty-five years old," because the amount of money now being wasted by American families for injurious things would pay for a suitable suburban home in a few years, or place such intelligent young family in agricultural position, where they could be sure of present health and future wealth.

Moreover, it is a self-evident fact "that when the business of this government is conducted in an intelligent manner, all families that cannot provide healthy homes can be furnished suitable shelter by the State at less cost than is now incurred through the vices and diseases fostered by the satanic policy of licensing crime."

We give so much prominence to "prevention of Consumption" because when decay of a tubercle destroys air cells of a lung, no means can restore those air cells. If careless or lazy habits permit continued clogging of air cells in top of lung to generate decay of a few tubercles, proper methods of exercise and living may stop further clogging of cells and assist nature in forming a cicatrix where lost cells should be. But

if "scrofulous blood, combined with any other malign influence," causes decay of tubercles to commence at bottom of lung, there is little chance of stopping such Consumption. Therefore, proper method of preventing any form of Consumption is "shunning all influences that cause Malnervia, and living in harmony with natural laws."

INTERMITTENT FEVER (AGUE).

Malaria is the inciting cause of this fever. It consists of three stages—1st, chill; 2d, fever; 3d, sweat.

PREMONITORY SYMPTOMS.

Sense of languor, yawning, headache, and pains in the limbs or back; the fingers become numb and the nails blue.

COLD STAGE.

The heat of the "body "is generally above the natural standard, and the "extremeties" below; but the patient complains of being cold all over, with a feeling as if a stream of cold water was running down the back. The head is variously affected, sometimes with headache, at others with drowsiness, stupor or delirium. The tongue is moist; the eyes heavy and sunken; the face is pinched and lips red The pulse is weak and oppressed, sometimes slow, at others quick, frequently intermitting, and often (from severity of the rigors) scarcely perceptible. The duration of this stage is from one to four hours.

HOT STAGE.

The hot stage presents all characteristics of "modified inflammatory fever," with hot, dry skin and thirst, oppression of the chest, hurried breathing, and acute pains in the brain, or even delirium. The general duration is from four to twelve hours, and terminates in the

SWEATING STAGE.

Then profuse perspiration, commencing in forehead and extremeties, is quickly diffused over whole body, and all painful symptoms commence to disappear.

Those three stages constitute a **paroxysm.** The time between close of one paroxysm and commencement of the next one is called **interval.** If there is a paroxysm every twenty-four hours it is called **Quotidian fever;** every forty-eight hours, **Tertian fever;** every seventy-two hours, **Quartan fever.** Sometimes there is only one paroxysm each week.

Such is Simple Intermittent Fever, which is not dangerous in temperate climates, unless there be continued exposure to "swamp miasm" or equivalent malaria generated by other means.

If there be two paroxysms in the periods noted above, then it is called Double Quatidian, Double Tertian, &c. If, instead of profuse sweating, "there be only a slacking of the fever" until the next paroxysm, that type is called Remittent Fever. If there be no slacking up of the hot stage, it is called Continuous Malarial Fever. The latter type is mostly confined to hot climates and is dangerous (on account of Typhus complications).

When the stomach and liver are the organs most affected by Remittent fever, it is called **bilious** or **gastric remittent.** This type might be confounded with beginning of Typhus fever if it were not for the fever blisters around the mouth.

TREATMENT.

First intimation you have that an Ague chill is coming on, give three doses of Aconux fifteen minutes apart, followed by four doses of Elixir thirty minutes apart. Meanwhile apply Electric Appliance, with Positive disk on each wrist, and Negative disk under each foot.

IN HOT STAGE.

Remove Electric Appliance, and give copious injection of warm water; also encourage the patient to drink all the distilled water they can relish (to prepare them for the sweating stage).

During this first paroxysm the Nurse should note all the symptoms carefully as preparation for future treatment.

If it is Simple intermittent fever, give two-grain doses of Quinine, about two hours apart during the interval, so as to take not more than ten grains (for adult). If no paroxysm appears next day, give four doses of Tonic Powder each day until next paroxysm; or until two weeks have passed. Anywise, treat each paroxysm same as suggested above.

If it is Bilious remittent fever, give Aconux, and Elixir, whenever those remedies seem needed, but make Golden Powder the standard remedy the first week of fever, and Tonic Drops the standard remedy each succeeding week until recovery.

If it is Continued malarial fever (after first course of Aconux, and Elixir), make Tonic Powder the standard remedy, but give one dose of Eureka Oil each night. If there be a time when the skin is unusually hot and **dry** give three succeeding doses of Aconux; also when needed, give doses of Elixir between doses of Tonic Powder.

In all forms of miasmatic fevers, when the "brain is inflamed," give doses of Ant-itis between the doses of Tonic Powder. And when there is danger of this fever being complicated with "Typhus poison," alternate doses of Tonic Drops with the Tonic Powder until such stage is passed.

Distilled water should be the only drink, and the patient should be encouraged to use all the stomach will bear with comfort. This is a very important part of the treatment, and we insist on the water being distilled (1) because of its capacity to absorb and carry off malarial poison; (2) because in miasmatic districts all natural water is impregnated with malarial poison.

No specific directions can be given here for diet, because some patients will be able to work part of the time and will need nourishing (easily digested) food; while at times some will be too sick to need any food.

N. B.—Quinine is useful in ailments caused by "swamp miasma," but I do not combine it in any of my Domestic

Remedies, because it is a dangerous drug for all persons who have "tubercles in the brain." A member of my own family died suddenly after taking third **2-grain** dose (combined with Opium according to rules of Allopathic practice). Another member came near same fate after taking six grains of Quinine at one dose "on supposition that one large dose in the **interval** would be more efficacious in ague, and less injurious to the system than same amount in small doses." Those experiences, with ample opportunity for many years of observation, led to the following analysis:

"Simple intermittent fever is nature's method of eliminating miasmatic poison from the system. When there are distinct stages of chill, fever, and profuse sweat, followed by interval of complete rest, that indicates that the nervous system is performing natural functions. Then if Quinine can be used 'without awakening any latent poison that is stronger than swamp miasma' it is proper to do so; because the patient still resides in a malarial district, and the Quinine can be dropped at any time. The utility of Quinine depends upon its ability to increase action of the nervous system; hence when the nerves are crippled with any form of 'autotoxin' Quinine becomes a poison instead of a remedy. Furthermore, when chilly sensations are mingled with fever, or there is no **interval** of complete rest, that indicates that the nervous system is crippled to such extent that poisonous dose of any drug will injure the system more than it aids recovery."

Therefore, in all cases where chill, fever, and normal sweat do not occur in the order given, I recommend "Tonic Powder," because it answers the purpose better than Quinine, and can be given in any stage of any disease without injury to the nerves, or any danger of disturbing tubercles.

CONGESTIVE CHILL.

This dangerous "condition" is manifested more suddenly than Ague chill, and seems as if "a human system of considerable vitality" was being crushed like a broken milldam.

In my army experience in southern swamps, the cases I saw treated all through with quinine, died, either during the chill or in first week of a resulting fever. So for similar chill (when I was performing surgeon duties in same regiment, near close of service) I used such other drugs as government provided "for encouraging nerve action," with four nurses rubbing the arms and legs vigorously (with blankets over patient and arms of nurses) until the nervous system regained equilibrium, and in seventy minutes had the satisfaction of seeing the patient out of danger, with no resulting fever.

WITH PRESENT OPPORTUNITIES,

I would give two full doses of Aconux, five minutes apart, followed in five minutes by one full dose of Golden Powder; then alternate Elixir and Tonic Powder every five minutes until first hour of treatment has passed. Then extend the time between doses of Elixir and Tonic Powder, according to circumstances, until complete recovery. Meanwhile, would use Electric Appliance, with Positive disk on each wrist, and a Negative disk under each foot (first two or three hours of treatment, according to circumstances). N. B.—Each dose of medicine should be well mixed with one or more tablespoonfuls of warm water, and held in the mouth two or three seconds before being swallowed; and each "kind of medicine" should be mixed in a different teacup. No other kind of drink (or food, except warm beef tea) should be used first three hours of treatment.

DENGUE FEVER.

Fifty years ago some people believed that Dengue was a mild form of Yellow Fever. My own experience with Initial dengue fever, at Vicksburg and Relapse at Yazoo City, convinced me that this fever should be classed with **Intermittent Miasmatic fevers,** and "that dyscrasia of patients and misunderstanding the 'character' of Yellow fever" accounts for erroneous classing of Dengue fever.

Violent pains in head and loins, with feeling as if bones of extremities were being broken, in first part of sickness, and restlesness during remainder of attack, are the principal features of this acute disease. It is not dangerous in adults when properly handled.

TREATMENT.

With present understanding of the matter, I should recommend for first day a dose of Aconux every three hours; second day, three doses of Elixir in forenoon and three doses of Aconux in afternoon; third day, same as second. Then give four doses of Golden Powder each day until the aching pains subside; then finish treatment with Tonic Powder every two, three or four hours, according to circumstances.

If there be any indication of "germination of Typhus poison," alternate doses of Tonic Drops with either the Golden Powder or the Tonic Powder until such complication is relieved. At ten o'clock each night (with patient lying on right side) use injection of one quart of warm water, medicated with a teaspoonful of Ant-itis (dropping other medicines until morning). This is very beneficial in allaying the restlesness, and if used during whole treatment, may prevent any complication.

The Rash, which sometimes appears in this disease, does not require any change in above treatment. But the patient needs to be very careful about diet and exposure to malaria for several weeks after convalescense begins, to avoid a relapse.

TYPHUS FEVER

Is caused by an invisible "nerve poison," which is germinated in each patient. A similar poison is germinated outside of human bodies, from human excrements and other materials; hence finding Typhus bacteria in excrements of persons who have no fever is not reliable proof that they will have Typhus fever, although Typhus bacteria germinated by any means and taken into the body with the air we breathe, the water we drink, &c, is one "inciting cause" of this disease in persons whose nervous system is not energetic enough to resist (and cast out) such migrating bacteria.

When the same influences that produce miasmatic fevers are combined with influences which depress mental emotions Typhus fever may result; but the most complete illustration we have seen of the "character" of Typhus fever was first noticed in a school house in a healthy northern town, where the scholars were remarkably healthy until the system of ventilation in the primary room failed to work in Winter time. In eighty minutes the mingled exhalations from the sixty little bodies of those "hearty eaters" would make the air so unbearable that the children would be driven into the cold hall (for a few minutes) until the air could be purified by opening all the windows.* Four exposures each day to that foul air, and sudden change from hot to cold atmosphere, caused a number of those children to drop out of school, with Typhus fever, from which all seemed to recover in their homes. The Teacher had always seemed to enjoy robust health until that experience. When instead of having a "regular course of Typhus fever," broke down with Pulmonary Consumption, which caused death about two years later. One of those children "never regained former robustness, but succeeded well in all her studies until fourteen years old, when, while apparently recovering from a severe common cold, suddenly manifested deep-seated

*When parents offered to put in practical ventilation at their own expense, Directors of that school objected, because they wanted excuse for "finer building."

symptoms of Typhus fever, and died in 'inexpressible agony' in the second week of fever, with strong evidences of 'disturbed tubercles' in brain and bowels." As her mother had died with Tubercular Meningitis, and the daughter had been exposed to Malaria (generated under the floor of a very old, "condemned dwelling," during uncommon dampness by flushing of Spring rains) while suffering with the common cold, it became evident that this was a case of typhus poisoning of a tubercular subject, and that the typhus poisoning "when a primary scholar" had much to do with her inability to resist the last attack.

A suggestive incident connected with this case was "that her last seat-mate (who lived in healthy environment) dropped out of a healthy school-room, same day that this case did, and came near dying with Spotted Fever, with abundant evidence that she imbibed the poison which caused that fever while this case was germinating the 'Typhus poison' which caused her death by decomposing constitutional tubercles."

SYMPTOMS OF SIMPLE TYPHUS.

For several days there is a general indisposition, weakness and debility, with headache, dizziness, soreness of the limbs, and in some cases bleeding from the nose. This is the initial stage of **germination.** Those conditions are followed by a chill, or chilly sensations, which are counted as "date of complete attack." The chill is followed by heat, and if the usual "temperature" has been 98, it will rise about three degrees first day of fever, and fall about one degree during the night; second day will rise about two degrees, and fall one degree during the night; third day rise about two degrees, and fall one degree during the night; fourth day rise about two degrees, and fall one degree during the night (this continual rise of two or more degrees each day, and remission of one degree each night—first four days—is considered a reliable symptom of Typhus fever). In this manner the

fever continues to rise first week. Second week the temperature rises to same point each day, and falls to same point during each night. Third week the temperature is the same each evening, but not quite so high each morning as the preceding morning. The "crisis," when the patient either dies or commences to convalesce, generally occurs in the fourth week in temperate climates, but is often reached in second week in hot climates.

The pulse runs with the temperature, but not with the same force as in Pleuritis and other inflammatory fevers—debility of nervous system causing it to be irregular—sitting up, and other exertion or mental excitement, may increase the pulse from 20 to 30 beats per minute, while other influences may cause the number to fall to normal, or even below.

First week the tongue is moist, with yellowish white fur; but later becomes dry, with deep-red streak (in center) which widens towards point of tongue. When asked to show it, the patient does not seem to comprehend what is wanted at first, and when with great effort it is put out, is pointed and trembling.

During "Initial germination" and part of first week the bowels are generally constipated, but later become quite loose.

In first part of fever the "face" is generally dark red while patient lies on the back, but rising up causes it to turn pale.

The light stupor (or intoxication) which is present at Initial germination of this disease (but not always noticed) gradually increases, although the mind seems to be intensely active with its own thoughts, which sometimes cause the patient to plead for some unnecessary or harmful thing—but carefully managed by the Nurse—soon forgets all about it. When asleep is continually dreaming, and sometimes seems to be asleep when in a nervous stupor which does not prevent the patient from being much disturbed by anything

unusual; therefore no one should whisper or use unnatural tones in Typhus room.

When red Rash appears on the body it does not give relief (as in Measles), neither does it always indicate dangerous intensity of this disease (purple spots on the skin are one symptom of a very dangerous type of epidemic Typhus fever).

Sometimes the patient will slip out of the room and try to run away, but when caught by the Nurse has not sufficient strength to walk back. The symptoms of debility manifested at commencement of the disease increase until (towards the crisis) the patient gravitates towards foot of bed, and stool and urine pass off involuntarily.

In all of this, sweat has been beneficial, but has not given the measure of relief which is experienced in Catarrhal fevers. If the crisis is survived, then the patient enters the convalescent stage; the stupor decreases, appetite returns, and the Nurse has a picnic "witholding dangerous articles of diet."

This is a narrow view through the center of a malady that has enough variations in different individuals, climates and environments to fill a large volume with descriptions not necessary in a book that aims to explain foundation principles of cause, prevention and cure of common diseases in a manner ordinary mind can comprehend. If a case is lighter than above description, so much the better for all concerned. If the case is worse than this description, a skillful Physician should have charge of it.

TREATMENT.

When there is any evidence that **Initial germination** is commencing, give full doses (according to age and condition) of Tonic Drops and Tonic Powder, alternately, one, or two hours apart (according to urgency of case) each day, and full dose of Eureka Oil each bedtime; also injection of warm water medicated with teaspoonful of Ant-itis at least once each day. Meanwhile remove every known cause that is

producing or fostering the Typhus poison, or interfering with this **most important part of the treatment,** which should be continued vigorously through the chilly stage and first day of fever.

This will be proper treatment for cases that manifest timely warning. But sometimes (especially in epidemics) the first intimation is sudden attack of vomiting and painful discharges from the bowels. In such case, which commenced at midnight, I used frequent injections of warm water and frequent doses of Aconux until the bowels were thoroughly cleansed; then a dose of Neutraline, which stopped last symptom of Dysentery by four o'clock. At six o'clock used full dose of Eureka Oil, and another full dose at bedtime. That did not prevent four weeks of **Typhus intoxication,** but the patient was able to change his own clothes and walk from one block to two miles each day of sickness, while a dozen others stricken about the same hour in same manner (attended by Physicians) were all helpless, and several died.

In this case I used Carbolic Acid, dropped on pieces of paper, to mitigate the Typhus effluvia which saturated the air of his room, and followed that first day with regular Typhus treatment. The patient supposing all the while that a dangerous attack was being warded off, until his mind became rational in the convalescent stage.

With those two samples of **Initial treatment,** the Nurse that is familiar with all articles in this book—especially Characteristic Effect of Remedies—will see what Remedies fit each particular case. So we pass to

REGULAR TREATMENT.

Second day of fever give a dose of Sulphur 6^{x} early in morning, and one drop of Eureka Oil at bedtime. (So far as possible this should be a day of complete rest for the nerves.) Third day (if the disease has not been nipped in the bud) fill a new one-ounce bottle nearly full of water, then add one Tonic Drop, shake thoroughly each time before

using, and give a teaspoonful at (about) 6, 10 and 2 o'clock. Throw out remainder, and give one drop of Eureka Oil at bedtime. Continue every other day so long as the fever lasts. Fourth day, give one grain of Tonic Powder at(about) 6, 10 and 2 o'clock—as early as convenient (at a certain time each day Tonic Powder is used) medicate suitable quantity of warm water with teaspoonful of Ant-itis, inject so far as possible into the bowels by having the patient lie on right side, and retaining it so long as possible; also give one drop of Eureka Oil at bedtime. All this every other day so long as the fever lasts.

If at any time Dysentery is manifested, drop other remedies and give a dose of Neutraline every two hours until that condition is relieved.

If loose passages containing signs of blood or pus should indicate that some digestive organ has commenced to ulcerate, give one-drop dose of Ant-itis and ordinary dose of Tonic Powder, alternately, two hours apart every day; also use the Ant-itis injections at least once each day. Continue this treatment so long as needed, even if it should be necessary during convalescence. In this treatment the Nurse must use discretion about giving Eureka Oil.

The peculiar stupor prevents many patients from realizing when they need moisture, therefore half a glassful of suitable drink should be offered at proper times, whether they ask for it or not (in some cases it is necessary to put a spoonful of water on the tongue every half hour). Never tax the patient's nerves by asking what they want, but offer them what you think they need. If they refuse it, then offer them something you are sure they do like, without yielding the point—that the Nurse is the responsible party and must be the judge (but be sure to give the impression that this is necessary to insure perfect rest of nerves for them). Hence there is need of much skill in devising a continual change of harmless drinks. A fresh raw egg, beaten

to a foam, with a spoonful of sugar and half glass of water added to it, may be drunk by a patient (once or twice in twenty-four hours) whose life would be endangered by a cooked egg. An ounce of beef tea, skillfully prepared from "Fluid Extract of Beef," may be relished three or four times in twenty-four hours by a patient who would be disgusted by discussion of merits of Paste Extract, or home-made beef tea. A nourishing drink made from bread crusts, or toast, and passed through wire strainer, may be very acceptable to a patient who would be sickened by bowl of water covered with toast. Half a glass of "sterilized milk" may be allowed quite frequently if it agrees with the patient. Water that has been boiled with rice is nourishing; water flavored with orange or prune juice are good samples, but Chinese tea, coffee and all other narcotic drinks should never be thought of in Typhus fever.

The adaptability of "dead animal tissue" for fostering bacteria should cause all animal meats to be dropped from the time germination of Typhus commences until all danger of **relapse,** or **second course of fever,** is passed.

No solid foods should be eaten while the fever lasts. When that subsides, in connection with the class of foods recommended above, the different preparations that can be made from wheat are the best form of nourishment for Typhus patients.

Sunlight and pure air of moderate temperature (without exposure to draughts) are very essential; therefore all clothing of patient, and bed, should be changed at least once each day. Articles that cannot be washed should be hung up in outdoor air, and no article of clothing should be allowed in Typhus room when not in use.

Great care should be exercised in handling excrements from even mild cases, and no well person should ever fall asleep in Typhus room. Persons born in malarial districts may in a measure become naturalized to malarial poison,

but the longer a Nurse is exposed to Typhus poison without active exercise in pure air, the more susceptible they become.*

One object of Eureka Oil is to secure "perspiration" as near normal as possible, to assist elimination of poison from system, and thus prevent ulcerative destruction of tissues. Hence it will be seen that (in connection with the fever) this requires more moisture than can safely be secured from ordinary water. Therefore "distilled water" is very essential for all purposes in Typhus fever; even the **sponge bath,** which should be carefully applied one or more times during every twenty-four hours of fever, should be done with three or four pints of distilled water, lightly medicated with Bicarbonate of Soda.

IRREGULAR TYPES OF TYPHUS DISEASES.

In child-birth (which is a natural function) there are periods of intense labor, and perfect rest. This provision of nature enables the system to attain more expelling power than would be possible if the labor was continuous. Furthermore, the man who works (in any vocation) six days and rests on the seventh (from that vocation) will perform better work, and live longer, than the man who allows his vocation to have continued control of his nerves. Also in diseased conditions of animal systems, if the poison that causes the disease is not virulent enough to overpower the nerves, there are regular remissions in the fever symptoms, as manifested in Intermittent fevers and Simple Typhus fever. And in any case the intensity of the fever symptoms

*The use of the term "Typhoid" for typhus cases, that do not seem to be virulent enough to be contagious, is unscientific and misleading The measure of contagiousness depends upon the "virulence of the poison." and the "condition" of the system exposed to it. A person of ordinary health may visit an ordinary case of Typhus with impunity; but if excrements from same case are retained some time in soiled clothing, vessel or privy vault, it might be very dangerous for said visitors (at that date) to be exposed to the increased virulence of such excrements. Therefore if all excrements from Typhus class of diseases were quickly disinfected or cremated in suitable furnace, that would be one practical means of preventing epidemics of Typhus diseases.

may be indication of the resisting power of the nervous system. Or a slow, lingering type of any inflammatory disease may be indication of inability of the nervous system to make proper resistance against the poison that produces that disease.

THEREFORE,

While the "peculiar stupor" which suggests the name (Typhus) and the uniform rise and fall of the temperature (noticed on page 59) is reliable proof that a case is Simple Typhus fever, it does not prove that "types which are so virulent that the intoxication of the poison is manifested in irregular manner, with form of inflammation peculiar to each type," are not true typhus diseases. Because the regularity in the symptoms in Simple Typhus fever show that there is still sufficient vitality in the nervous system to expel the poison in natural manner, if the patient has proper nursing. While the "irregular types" manifest symptoms which show that other poisons are aiding the typhus poison to overcome the nervous system.

Since " **syphilis** was the first disease that afflicted mankind, and inherited **scrofula** caused **tuberculosis** and **consumption,** and the depressing influence of those diseases fostered and aggravated by **narcotics,** made all humans more or less unable to resist **malaria,** and **typhus poison,** a natural result of such conditions; and Typhus never yields right-of-way to other fevers, while nearly all other diseases may be complicated by typhus poison." We now see the necessity of all Nurses being well informed and alert in preventing germination of typhus poison.

In the "illustrative case" mentioned on page 59, we see that the poison which started "Spotted Fever" was imbibed from a seat-mate while that person was germinating the "typhus poison" which caused her own death "by decomposing constitutional tubercles." And we believe that all of above remarks help us to understand the character of

SPOTTED TYPHUS FEVER.

This is an acute, diffusive inflammation of the "pia of the brain and spinal cord," resulting in an exhudation of purulent matter, which may be deposited on nearly all, or only small portions, of the "pia" of those organs.

It most frequently commences with a chill, followed by aching pain in head, spine and limbs, with universal oversensitiveness of the skin—even touch and motion causes pain. The temperature is very irregular (does not follow the pulse) and at times is normal without any change in other symptoms. The pulse is also irregular; its frequency does not always correspond to the height of the temperature, and sometimes varies thirty to forty beats in a few hours. The stupor may be slight in some, while in severe cases there may be loss of consciousness, out of which the patient may be roused by being spoken to, but soon relapses into same state again. Some cases commence with convulsions and stiffness of the neck, which in a few hours may develop into contraction of all the extensors of the spinal column.

The name of this disease was suggested by the purplish spots, varying from the size of a pin's head to large patches, which generally appear upon the chest, abdomen and thighs, on second or third day of the disease. They do not grow white under pressure, and sometimes look like Measles. Those spots do not appear in all cases.

It may be either sporadic or epidemic, and attacks all ages, but is most common among children. It may destroy life inside of thirty hours; or convalescence may follow after two weeks sickness.

TREATMENT.

This is a very irregular type of Typhus fever and needs attention of skillful Physician; but for cases where such service cannot be secured immediately we present the following hints and suggestions:

It was many years study of irregular forms of Typhus diseases, and belief that such remedy was sorely needed, that

impelled me to invent the combination of drugs which we call Tonic Drops. Therefore the best method of treating "Typhus poison" is to administer Suffield's Tonic Drops in such manner as will assist nature in overcoming the various poisons which unite in producing each particular type of Typhus disease, before the defeated currents of nerve fluid is switched off, as indicated by the chilly stage. But in most cases this type developes so rapidly that the "chill" is the first symptom that is noticed. So the next best method is to administer Aconux during the chilly stage in such manner as will prepare the system for treatment with Tonic Drops, and Ant-itis, before the inflammation (which causes the fever) is developed. Anywise, after Tonic Drops have been given quite frequently for a few hours, then Tonic Powder may be given alternately between doses of Tonic Drops; or if there be delirium or other evidences that the brain needs special attention, Belladonna should be administered so often as seems best. In all cases, soon as possible after commencing treatment, the bowels should be thoroughly cleansed with injection of warm water medicated with Ant-itis. This cleansing of the bowels should be done each day so long as necessary.

PUERPERAL TYPHUS FEVER.

This is most commonly intimated by a chill on third day after delivery, but in some cases no chill is noticed until convalescent stage (after delivery); while in other cases unnatural tenderness of the body and oversensitiveness of nerves with peculiar languid prostration, which indicates that "Typhus poison" is being germinated, may be detected by intelligent Nurse before delivery takes place.

After fever commences there is suppression of the milk and of the lochia, and in some cases the intoxication (produced by the Typhus poison) causes the mother to lose all interest in her child, although she may manifest considerable anxiety regarding her own danger.

The suggestions regarding administration of Aconux, Tonic Drops, Ant-itis and Tonic Powder, presented in the article on Spotted Typhus Fever, apply equally well to this disease.

I am aware that natural child-birth is a salutary function followed by natural sleep and "suspension of movement of the bowels," which should not be interfered with, because such rest of the bowels for several days after delivery is nature's method of allowing organs which have been distended, to regain natural form before being unnecessarily irritated by operation of the bowels. Furthermore, "that if mothers could keep their bowels in proper condition with suitable diet, before parturition, and eat nothing but Graham gruel for three days after delivery," there would be very few cases of Puerperal fever. Also that during pregnancy the whole system has greater capacity for throwing off extraneous matter and invisible poisons than at any other period in life.

But it is my impression that there is a "system" for conveying invisible poisons from worn-out blood and tissues of the body into the large intestines (which has never been fully described in medical books), and that the "combining of invisible poisons" which produces Typhus poison, is consummated in the large intestines. Hence, although there might be Typhus poison in the system during delivery, nature would not make visible resistance against the Typhus poison until close of the "rest" referred to above. Therefore whenever symptoms of Typhus poison are manifested either before or after delivery, it will be proper to cleanse the bowels with warm water medicated with Ant-itis. Moreover, Ant-itis is a very important remedy in all forms of child-bed sickness.

YELLOW FEVER.

The name is derived from the yellow color of the skin in the second and last stages, and since none of the medical writers who claim that Yellow fever is a "specific disease" have published any explanation of its origin, which proves it can exist independent of typhus poison, it is my impression that to class it as "a distinct type of bilious typhus" will be most suggestive of proper treatment.

Physicians recognize two forms—1. The sporadic form, which may occur in any warm climate, when a susceptible person imbibes the various poisons which combine in producing this disease; 2. The epidemic form, which starts occasionally in naturalized territory, but is most malignant when imported from some other country or city. (Infected clothing can carry this form into a temperate climate.)

The premonitory symptoms are debility and restlessness and a general feeling of illness, which is soon followed by giddiness, faintness and more or less chilliness, followed by various indications of derangement of the stomach. Hence the **First recognized stage** is the reaction from the premonitory (or Common Cold) condition to violent fever, with exteremely severe pains in the head, back and limbs, great restlessness (sometimes mental anxiety and fear of death), vomiting of ingested bile; red, watery eyes, either sleeplessness or stupor with intense heat; delirium, sometimes violent, sometimes muttering; skin very hot and dry, but very easily excited to perspiration.

SECOND STAGE.

This is the stage of "exhaustion," in which the patient has the impression that he was dangerously sick during the first stage, but is now doing very well (when he may be in a hopeless condition); cannot understand why he may not eat or drink anything he wishes, and needs vigilant watching to prevent all kinds of imprudence. The pulse becomes natural, or weak and irregular, and in some cases very slow,

even thirty beats to the minute; but there is great nervousness, and tenderness on pressure over the liver and spleen; vomiting of claret-colored water, of mucus substances specked with blood, of pure blood, of floating shreds like bees' wings, of brown vomit, then coffee-grounds black vomit; excessive irritability of stomach; black stools, and hiccough. Sudden and unaccountable change of color; alternate flushings and paleness; increasing yellowness of the skin, even in some cases to the deepest jaundice; oozing of dark blood from gums, nose, eyes, ears; hemorrhage from the uturus, bowels or kidneys; petechiæ; albuminaria; scanty or suppressed urine, followed by coma or convulsions; "secondary fever" from local congestions or inflammations.

THIRD STAGE.

This is the collapsed stage, in which the skin is dirty yellow or almost bronze color; large petechial spots; slow oozing of blood from every orifice of the body; black vomit; bloody, black or totally suppressed urine; cold extremeties; feeble and flickering pulse; convulsions; involuntary discharges of black matter, and utter prostration.

It must not be supposed that the symptoms described above are exhibited in every case. The attack varies according to the age, constitution and habits of the person, and the virulence of the epidemic, or conditions that start the attack. There is no uniformity in the time of incubation, or different stages of the disease. The three stages may occupy ten days or only a few hours.

TREATMENT.

During the years we studied "causes of disease" in Missouri, Arkansas, Louisiana, Alabama and Mississippi, I did not meet with a case of fully developed yellow fever, hence the above description of symptoms are condensed from reports of others. But the following suggestions on "style of treatment" we would prefer if I should have a tussle with Yellow Jack, are based on conditions I found in the swamps, plantations and cities of Louisiana, Alabama and Mississippi.

All acute attacks of this disease are preceded by a Common Cold condition (see article on Cold & Catarrh), therefore at least three full doses of Aconux should be given at commencement of treatment, and followed by Tonic Drops and Eureka Oil, alternated in whatever manner is best suited to the case; and whenever the system contains as much of those two remedies as the constitution can bear without injury, give Tonic Powder until it is wise to renew administration of Tonic Drops and Eureka Oil. (If Characteristic effects show that Neutraline is needed in some cases, it may be administered instead of Tonic Drops so long as necessary.) The object of this style of treatment is to keep the patient in a state of "mild perspiration" so that the "poisons" which cause the fever may be eliminated soon as possible after being cast loose in the system; therefore sufficient amount of distilled water* should be drunk (and used in warm injections medicated with Ant-itis) to supply the system with necessary moisture to sustain the perspiration and prevent unnecessary irritation of brain and other parts of the nervous system.

It does not seem necessary to repeat what we have said concerning diet and care (in the article on Simple Typhus fever), but "on account of the contagiousness of this type of Typhus, every patient should be isolated from mosquitoes and flies, and all other persons (in infected districts) should use every possible means to protect themselves from inoculation by those insects."

N. B.—If Nurses who are liable to handle Yellow Fever will make a special study of the articles on derangements of the liver they will see why we consider Yellow Fever "a bilious type of Typhus poisoning"—i. e., a combination of "blood and nerve" poisoning.

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*I did not find "natural water" that was fit for a well person to drink in any territory which germinates yellow fever. Hence I am convinced that if all humans in such localities would not drink anything but distilled water, and use whole-wheat bread and vegetables that contain proper amount of vegetable-lime and other essential elements, that would be one very important item in preventing epidemics of this type typhus of fever.

CHOLERA.

The accepted theory of Cholera is "that some influence destroys the 'epitheliam' which covers the mucus membrane of the small intestines and regulates flow of mucus into the bowels, thus crippling the patient in two ways—1. It permits an extraordinary flow of watery mucus into the bowel, part of which is ingested into the stomach and vomited, the other part passing off in stools containing shreds of the epithelium, which gives the passages the appearance of water. 2. The loss of the epithelium so cripples the absorbing capacity of the bowel that it cannot transfer necessary fluid into the vessels which carry chyle to the blood veins. Hence while the part of the system which should supply natural fluid to the blood is stopped, another part of the system is engaged in furnishing the blood with fluid absorbed from all tissues of the body, to sustain life until the general system can replace the lost epithelium of the bowel."

In consequence of this "water starving process," the eyes sink into their sockets, the cheeks fall in, the skin becomes so loose and wrinkled that if a portion is pinched together it stays folded, the lips and limbs become blue, and the whole surface of the body becomes cold; saliva, urine and all other secretions stop because the tissues have been drained until the blood cannot get any more fluid.

Meanwhile the wounded membrane of the bowel is draining off the parched blood in passages that have a black (or coffee grounds) appearance. This condition of the blood so cripples action of the heart that the pulse is hardly perceptible, the patient hungers for air, the voice becomes husky, and in the last stage the whole body has a blue appearance. Thus all fluids that may be drunk to allay the insatiable thirst, finding no entrance into the blood, increase the vomit and purging, and the body drains itself to death."

The above theory gives some hints for treatment, but definite knowledge of the "influence" which destroys the epithelium is very essential. So I class Cholera among

"irregular typhus diseases," because I am convinced that "typhus" is the predominating principle of the "autopoison" which destroys the epithelium. In other words, "that while typhus is always a nerve poison, some 'combinations' make it very destructive to tissues."

TREATMENT.

When there is unaccountable looseness of bowels with watery stools (without waiting for full evidence of Cholera) give two doses of Aconux, followed by one-drop doses of Tincture of Camphor every five minutes. If this does not give complete relief in reasonable time, follow with alternate doses of Tonic Drops and Tonic Powder every ten minutes until three doses of each are taken, then two doses of Elixir. Then return to Tonic Drops and Tonic Powder, allowing intervals between doses to suit circumstances, and putting in two doses of Aconux whenever it seems advisable to stop the other medicines for a short time. (In lingering cases that have scrofulous constitution, it may be beneficial to put in a dose of Neutraline occasionally, instead of the Tonic Drops.)

Meanwhile, injections of warm water "medicated with Ant-itis" should be used often as seems advisable to relieve the pain, and all parts that manifest disposition to cramp should be rubbed with Eureka Oil, the patient should be kept covered with a blanket, and a bed-pan used to prevent unnecessary anxiety or exposure. The air of the room should be comfortably warm, but invigorating as possible (it is better to warm the bed with warming appliances than to make the air unusually warm). The odor of Eureka Oil will be beneficial to both patient and nurses; but a camphor bottle should never be allowed in same room with other medicines. Each dose of camphor should be prepared in some other room, by putting the needed drop onto a little pure sugar, because odor of Camphor antidotes all other medicines.

The water in which each dose of medicine is mixed is all the fluid that should be taken into the stomach in ordinary cases. In slow, lingering cases only such amylaceous foods as are adapted to the wounded condition of the bowel are admissible, but in all cases the moisture that can be obtained from "distilled water" by absorption through external surfaces (without inconvenience to the patient) is beneficial. No matter how soon a case of Cholera is relieved, Tonic Powder should always be used as a constitutional remedy during convalescence.

PREVENTION.

Guarding against "fear" is a very important item in prevention of Cholera. During the Cholera epidemic of 1851–2 a farmer's wife went to the city of Jacksonville, Ill., to visit a married daughter (supposed to be in good health). Before she could get out of the wagon someone informed her that her daughter had just died with Cholera and advised her to return home. The intense fear that information produced caused her to order the son to drive home fast as was safe for the horses to go, but she was stricken on the way and died of Cholera a few hours after getting home. About the same time I was on business in that city. While walking down a residence street (to call on an acquaintance) I passed close by some household goods, before I noticed that they had just been carried out of a cholera house that was being scrubbed. Then the thought passed through my mind that it would be best to return on some other street, but with that thought a peculiar sensation passed through the whole of my nervous system, which convinced me that to surrender to that feeling would bring on an attack of Cholera, so I returned on that street with my mind interested in other matters. (A "nerve shock" from fear reduces the power of the system in resisting any malign influence.)

Another very important item in both prevention and treatment of Cholera is full and free expansion of all air-cells

of the lungs, thus giving the blood the greatest possible opportunity for casting off poisonous matter, and also for "renovation of the system." While this is essential in all conditions of life, we need to put special emphasis on expanding the lungs with the purest air that can be obtained in all typhus diseases. Many hopeless cases of Cholera have been saved by a short sea voyage, and by carrying children out doors through pure air.

Abstinence from all forms of indulgence and improper food is also very important.

LEVANTINE PLAGUE.

In this country "this type of Typhus" is more common among swine* than humans. Therefore it is reasonable to infer that foul condition of the system before Typhus poison is germinated is the principal cause of the "bubos" that appear on different parts of the body.

All necessary suggestions for treatment have been made in preceding articles on Typhus diseases, except hints on

TUMORS AND ULCERS.,

A merchant (who had enjoyed robust health during all previous life) convalescing after a severe attack of Simple Typhus Fever, had a swelling on the calf of one leg. As it was increasingly painful each afternoon, his physician predicted a "fever sore." But one afternoon when he was frantic with pain, a passing cloud dropped a "lightning bolt" in that part of the city, which caused immediate relief of both pain and swelling (then his Physician prescribed

* In the frequent epidemics of Hog Cholera in this country some have the type described in foregoing article on Cholera; some have "fever and ulcers" of Levantine Plague; others have Typhus Pneumonia, showing "that although arsenic and rattle-snakes are natural food for swine, their scavenger capacity has not protected them from poison of typhus and tubercles in human excrement; that ages of such exposure has given all domesticated swine an inherited constitutional discrasia which makes them a continual menace to human health, and that since we have entered the 'Millennial epoch' in which all refuse (which cannot be converted into proper manure without endangering public health) and dead bodies should be cremated (thus ending the mission of swine), the time has come for all nations to abolish swine raising."

electricity). Another afternoon when the pain and swelling was so intense he could not bear to have anyone touch it, nor have both disks of a battery attached to his body, I fastened the Negative disk to his ankle and held the Positive disk in my left hand, then made motion with right hand as if I was rubbing the "swelling," but so far off that only a light spray of electricity could reach from my hand to it. This gave such relief that I could pass the hand closer and finally rub it freely with my hand until both pain and swelling were reduced. This treatment was repeated whenever needed until his system regained usual uquilibrium. Without some sanative aid that swelling would have developed into a tumor and the tumor into a suppurating ulcer, called Fever Sore.

Some persons have capacity to induce "equilibrium of nerve fluid" by skillful rubbing with their hands, but wives that are properly mated are negative to their husbands; therefore many Nurses will find Suffield's Electrical Appliances very helpful substitutes.

In cases where "ordinary tumors" have been allowed to develop, continued application of Ant-itis Lotion (by wet towels, frequently changed) may prevent ulceration.

Ordinary ulcers will heal soundly if dressed with Green Salve, while taking Heper Sulphur and Tonic Powder, alternate days.

When either "ulcer or pimple" manifests syphilitic symptoms it should be changed into a burn with pure Carbolic Acid (carefully applied), then soaked with Neutraline until the fire is drawn out, then dressed with Green Salve, meanwhile taking four doses of Neutraline each day (if necessary the burning may be repeated until the ulcer manifests disposition to heal). Frost-bite ulcers may be treated in same manner, if the Nurse is careful not to destroy large artery or vein.

BOILS AND CARBUNCLES.

A Boil is an "abscess" which should be encouraged by flaxseed poultice. The influences which made this form of house-cleaning necessary should be stopped, so that repetition of this sanative ailment will not be needed.

A dose of Heper Sulphur 3x should be taken each morning and night from the first intimation of the boil until suppuration is finished, followed by three doses of Tonic Powder each day for one or two weeks. A Boil has its seat in the skin, but a

CARBUNCLE

Has its origin in the cellular tissue underneath the skin. Its development is indicated by intense pain, great heat, and a "deep-seated swelling," on which arise several blisters attended with itching and burning heat. As the swelling becomes more distinct and elevated, the "blisters" get darker colored, and when broken (by rubbing or scratching) a bloody fluid is discharged and scabs formed. As inflammation progresses there is destruction of the skin at these points, the discharge changes to "green or bloody matter," followed by the protrusion of a "substance resembling tow," which cannot be removed until the whole of the Carbuncle mortifies and separates from the healthy flesh. Thus a deep cavity is formed, varying in size according to location on the body, or other circumstances.

Decay of the Carbuncle may cause death by blood poisoning in some strong persons, and some aged people are unable to stand the demands of nature in refilling the cavity with sound flesh.

IN TREATMENT,

So far as possible, all influences that have caused this form of house-cleaning should be removed, and such medicine and accessories used as will sustain the system and assist nature during the above described process, then a compress

of surgeon's lint should be laid over the cavity and the parts bandaged so as to retain natural shape until nature can restore the lost tissues.

Those are all the suggestions it is proper for me to make, because if the Nurse is not sufficiently acquainted with our remedies to handle the whole case, a Physician is needed.

CHOLERA-MORBUS.

The difference between Cholera-Morbus and true Cholera is "that in all cases of 'true Cholera' typhus poison causes destruction of epithelium in small intestines. In Cholera-Morbus there is, (1) An unnoticed congestion of contents of large intestines, caused by 'iced drink or other improper material taken into the stomach,' which so overtax nerves of all digestive organs that an interval of rest is required; (2) Concentrated effort of nerves of bowels and stomach to cast out all extraneous matter. This causes painful purging and vomiting, cold extremeties, cramps in bowels, and sometimes in calves of the legs."

Although the same indiscretion under different circumstances may incite either disease, careful discrimination in treatment is very important.

In simple Cholera-Morbus camphor would do harm by "scattering injurious elements" which nature is collecting and casting out. Frequent doses of Aconux will strengthen nerve action by hastening flow of blood through the veins, will also stimulate the liver to forward increased amount of "bile," which will increase peristalic motion of the bowels and neutralize harmful gases that have been generated by the unnoticed congestion. Meanwhile, frequent injections of warm water (which will facilitate evacuation of bowels and lessen the pain) and proper nursing, will give relief soon as bowels are emptied.

EXCEPTIONAL CASES.

Dark or greenish passages at commencement of Cholera-Morbus is natural, but if the passages should "increase in

greenness," showing that injurious matter was accumulating in recesses of large intestines before the general congestion commenced, one or more doses of Elixir (alternated between doses of Aconux) will be beneficial in cleansing such recesses.

After the bowels are emptied, if dysenteric passages—i. e. bloody mucus and straining—show that mucus membrane of large intestines is inflamed, Neutraline should be administered for that "sequel" to Cholera-Morbus.

But if frequent copius, rice-water stools and insatiable thirst follow the attack of Cholera-Morbus, showing that typhus poison has attacked the epithelium of small intestines, then regular Cholera treatment should be commenced with camphor (see article on Cholera).

CHOLERA-INFANTUM.

Is the common name for Cholera-Morbus until children have passed the period of cutting their temporary teeth. (Germination of typhus poison during this disease will change it into true Cholera.)

PREVENTION.

Besides protecting children from all influences that would generate typhus poison in adults, nursing mothers should shun every influence that will cause themselves to have Common Cold and abstain from all kinds of food and drink that will produce unsuitable milk; and also be vigilant in "protecting the child" from eating or drinking anything that will derange the stomach or bowels, because the "irritation of nervous system" caused by cutting teeth diminishes the resisting power of the whole system, thus giving this ailment a chronic complexion during dentition.

THEREFORE,

"To consider this a 'catarrhal ailment' which may be complicated with 'typhus poison' at any time, with possibility of stopping the germination of typhus poison at any time

without complete relief from catarrhal symptoms until the period of dentition is passed, is most suggestive of proper treatment,"

BECAUSE

The greatest danger is from "latent constitutional diseases" that may be excited to action by typhus poison before "usual symptoms" of typhus poison are manifested. Hence the general treatment of each patient requires as skillful attention as if it were a continuous case of Cholera (especially in regard to cleanliness and expansion of the lungs in pure air).

EXPLANATORY.

In accordance with the rule of nature to allow a rest between painful processes, "eruption of the temporary teeth" is accomplished in six groups.

1. There is much difference in children, but about the sixth or seventh month we may expect the two middle lower incisors, although they may be from one to fifteen days apart. Then the child usually rests from four to six weeks.

2. The two middle upper incisors come forth, followed by a few weeks' rest.

3. The latteral incisors appear, with brief interval between the lower and upper ones, followed by several weeks of rest.

4. The anterior molars come forth, followed by a much longer rest.

5. Now come the canine (also called eye-teeth). This is the most critical period of dentition, and some mothers plan to have their children born so that they will cut the eye-teeth at the most healthy part of the year. In some the eye-teeth appear in the fifteenth month, in some other children not before the twentieth month of their age, followed by a much needed rest.

6. The last four molars come forth, and the child has twenty teeth.

Some children finish cutting those teeth before they are two years old, others do not finish before they are three years old, and the Nurse should keep well posted in this matter so that a child shall not be weaned during any of the six eruptive periods. In other words, anything that causes extra strain on the nerves or digestive organs should be attended to during a period of rest.

TREATMENT.

To the Nurse who is familiar with all preceding articles in this book, and studies the article on Characteristic Effects of Remedies, we make the following suggestions:

Aconux will be beneficial at commencement of this ailment, and whenever indicated in any other stage.

When "green" stool or vomit are not relieved by Aconux two or three doses of Elixir should be administered.

When "bloody mucus in stools and painful straining" do not yield to Aconux, Neutraline should be administered until those symptoms are relieved.

Whenever "fever during perspiration, brain symptoms or cleansing of the bowels with warm water" need Ant-itis, it should be used in any manner suited to the case.

When "continued paleness of the face and general debility of the patient" indicate Tonic Powder, it should be given either alone or alternated with other remedy.

Whenever it is apparent that one or more doses of Calcaria 6^x will relieve any symptom that does not yield to above remedies, it should be administered.

Besides being a "constitutional remedy" for this ailment, Sulphur 6^x will be beneficial when the system seems to be losing power to assimilate needed remedies.

At any time when Tonic Drops are needed to either "forestall or stop" germination of typhus poison, it should be intelligently administered.

It is natural for the bowels to be loose during the eruptive periods of teething, and while anything that "causes constipation" is injurious at any time of life, it is especially harmful during first three years.

THRUSH

Is a "fungus growth on the mucus membrane of the mouth and other orifices of the body, germinated by excess of acid in secretions when an invisible deposit peculiar to some constitutions is fertilized by vegetable fungi."

EXAMPLE.

A cow which was noted for secreting milk uncommonly well adapted for infants, was set apart for that purpose. But one night the maid forgot to wash that bucket, and next morning washed it with cold water just before milking. That milk made all the children sick. In young ones with constitutional dyscrasia referred to above it started **Thrush;** in others of same age it started **Acute Diarrhœa;** in teething children it started **Cholera-Infantum.** Hence it is seen that some families are more liable to Thrush than others. Sometimes the mother in such family has Thrush (Nursing Sore Mouth) in her mouth and on her nipples, then nursing is painful to both mother and child.

Thrush in adults not handling children indicates debility caused by other diseases.

Mouth secretion is a mixture of saliva and mucus, and the "preponderance of (acid) mucus in mouths of infants before they commence cutting teeth" is accepted as the reason for Infant Thrush being confined to this period.

Thrush is not found on internal organs of children, therefore the derangement of bowels that accompanies Infant Thrush must be of a catarrhal nature, even if started by same influences that started the Thrush.

Infant Thrush is not dangerous, but indicates a "condition which may encourage diseases that are dangerous."

SYMPTOMS.

Sometimes as early as second week small blisters appear, break, coalesce and cover greater part of the mouth with a "white fungus," which adheres to the mucus membrane until about four days old, when it can be wiped off with a soft cloth; but a new growth keeps forming so long as the disease continues.

TREATMENT.

First day.—Mix one drop of Aconux with ten teaspoonfuls of water; give the child a teaspoonful every four hours until four doses are taken, then throw out remainder. If the mother suckles her child, give her one-drop dose of Aconux in morning, and same at night.

Second day.—Give the mother one grain of Golden Powder in morning, and same at night; also sprinkle one-half grain of Golden Powder in the child's mouth four times each twenty-four hours for two days.

Fourth day.—Give both mother and child one grain dose of Calcarea 6^x morning and night. Then repeat Golden Powder two days and Calcarea 6^x one day.

If this does not stop growth of the fungus, commence again with Aconux and repeat the above treatment each week so long as needed.

In some cases it is best to sprinkle the Golden Powder in the child's mouth a few minutes before nursing, and to bathe the nipple with Ant-itis Lotion after any time the child has nursed.

At times when it will not interfere with other medicines it will be beneficial to dip a bit of soft rag in Ant-itis Lotion and lave the child's mouth. If it should swallow one-fourth teaspoonful during the operation, that will do no harm, and will be beneficial if any irritation of the brain is manifested.

Whenever dead fungus can be wiped off it will be proper to do so, "provided that the mucus membrane is not injured by wiping off live fungus."

When Thrush appears on the "anus," that should be bathed with Ant-itis Lotion every time the diaper is changed.

In cases where the child does not nurse, first remove whatever cause excited the Thrush, then administer above treatment of the child.

UVULITIS

Is "inflammation of the soft palate." When this inflammation enlarges the "uvula" until it touches the tongue, that causes coughing and other unpleasant sensations.

It is not confined to any age, and whatever was the original cause, the following method of treatment is adapted to all ordinary cases:

It is generally excited by Common Cold (or influences which cause Common Cold), therefore should be treated as Common Cold for one or two days, followed by four doses of Golden Powder each day and frequent gargling of throat and mouth with Ant-itis Lotion (between doses of Golden Powder) until the inflammation is reduced.

DIABETES.

Thirty years of anxious study of this disease have led me to the following conclusions:

1. Temporary increased flow of urine indicates either "that nature is using such means to eliminate extraneous elements out of the body," or something has caused "uncommon strain or excitement of the nervous system." But such temporary conditions are not diabetes.

2. Continued unreasonable flow of urine "without much sugar" indicates "diseased condition of nervous system." Modern physicians call this Diabetes Insipidis.

3. Unreasonable quantity of sugar in urine (there is usually a very small quantity of sugar in natural urine) indicates a dangerous condition of the nervous system. Modern physicians call this Diabetes Mellitus.

EXPLANATORY.

Nearly all grains, fruits and vegetables used for food contain either sugar (which is not materially changed during digestion) or "starch, which is changed into sugar during the process of digestion." Although no sugar has been found in flesh or fish, the process of digesting that kind of diet manufactures considerable sugar. All these sugars are received by blood vessels, "and by some process not yet explained," lose their identity to such extent that while we know they nourish animal tissue, "no sugar has been found in those tissues." Since no one else has published a specific name for this transformation of sugar into animal tissue, we call it

SACNUTRIA.

In ordinary health "worn out" tissue waste is gathered up by blood vessels and then cast off with the urine (causing the turbidness and sediment of normal urine), but the greater portion of tissue waste is not worn out, "being cast off from the tissues to be gathered up by blood vessels, and 'aired' while passing through the lungs," then mingled with new substance and returned to the tissues. But when any means suspends sacnutria "the excessive proportion of 'unused' sugar" enables this ingredient of the blood to propagate by converting all tissue waste (that is passing through blood vessels) into sugar, thus increasing the amount of sugars in the blood, "while all tissues starve" because they are not receiving sufficient sustenance from the process of sacnutria. Then the urinary organs are compelled to carry sufficient sugar out of the body to sustain circulation of blood until complete sacnutria can be resumed.

CAUSE.

The vipers that bit the children of Israel (Num. 21:6) were called "firey serpents" because the bite of that class of vipers cause Diabetes. About A. D. 200, Aretaeus, the Cappadocian, described Diabetes as a chronic disease that takes

long period to form, but when fully established causes a melting down of the flesh into urine, with unquenchable thirst, as if scorched up by fire, and while expressing his opinion "that other diseases may generate the poison that starts Diabetes," remarked "that the bite of the Dipsas (a viper mentioned by other writers of that period) also causes this disease."

Since Malnervia is "chronic 'unnatural excitement' of the nerves of any or all organs, followed by 'torpidness,' with frequent change from one state to another," and Malnervia can be aggravated to such extent that there is not sufficient "healthy nerve fluid" to properly animate the various organs which secrete necessary fluids that sustain proper digestion and sacnutria, we now see that torpidness of diseased nerves (not the sugar in proper amounts of suitable foods) is the most prominent feature of this disease.

Concerning transmission of poison from other diseases referred to by Aretaeus and many others since his day, we know that those poisons cause Malnervia, and Malnervia causes suspension of sacnutria.

It may seem to some "that when suspension of sacnutria is caused by 'strangulation' almost to the death point, or bite of a viper, Malnervia could not be the cause of such cases," but when we notice that concussions from blows, falls, &c., which would cause little inconvenience to a healthy person, are frequent cause of suspension of sacnutria in malnervious persons, we find that this view suggests the most proper method of

TREATMENT.

Primitive physicians did not know that Diabetes is **aggravated malnervia,** nor notice sugar in the urine. Later physicians discovered sugar in the urine, but blundered "in using depressing artificial means to get sugar out of the body," and in supposing that meats which do not contain sugar would not produce sugar during digestive processes.

It is safer to experiment with animals than humans. So when I noticed that a first-class milch cow was drying up—that her eyes looked as if she was burning up inside; that no amount of water could quench her thirst; that excessive urine "was clear (except light straw tint) and emitted a sweet odor, like violets and new-mown hay;" that she had a shriveled, starved appearance; that her pasture had been suddenly parched by uncommon drouth in June. Then I put equal parts of wheat bran and unground oats into a bucket, stirred the food into a "mash" with boiling water and covered it with a blanket until cold, then sprinkled Homœopathic dose of carbolic acid over it, and let the cow eat it out of the bucket. Such mash was given twice a day, and a reasonable amount of water three times a day. A permanent recovery (without leaving that pasture) was as rapid as the development of her diabetes had been.

This incident confirmed my impression "that while preponderance of meat diet is proper for human diabetics, a moderate amount of grain food is essential in creating normal nerve fluid.

For men, adopt four meals per day—at 6, 10, 2 and 6 o'clock (in summer). For breakfast, a fresh egg, beaten to a foam in a teacup of distilled water, should be drunk before partaking of about two ounces of oatmeal that has been cooking all night over a lamp, and a reasonable amount of well-matured beef, grilled,* steamed or roasted. Then take tablespoonful of distilled water into the mouth and hold it an instant before swallowing. The water imbibed in this way should not exceed one teacupful, and the last spoonful should be followed by one-drop dose of Aconux.

After each meal the patient should walk about one hour in the purest air that is attainable. The object of this

* To grill meat the "griddle plate" should be so heated that when a thin piece of round steak is laid on, the meat will sear (without burning) and the juice remain on the meat. When turned, a little salt should be sprinkled over the side first seared, but as much as possible of the juice should be retained either in or on the meat. This requires skill and close attention, but does not take much of the cook's time, because it should be as rare as appetite of patient will permit.

"walk" is to promote free circulation of blood and expand the lungs. Hence the patient should walk erect, with shoulders well thrown back "and the mouth closed," so that all breathing will be through the nose (air should not be inhaled through the mouth any time if it can be avoided, and frequently during those walks the largest possible amount of air should be drawn into the lungs and then allowed to escape slowly). On returning from this walk the patient should remove walking clothes and lie down (with sufficient covering to prevent taking cold) until meal time. Then, after dressing, stand by door or window, open one hand and lay it across your back, open the other hand and see how far up on the "wall" you can place tips of fingers without raising heels from the floor; then see how much "air" you can inhale through the nose; hold it as long as possible, then let it escape with natural force. Repeat this inhaling process three times; then change hands and repeat the whole exercise. After finishing toilet, partake of 10 o'clock lunch by first drinking the cup of egg water, then eat about two ounces of diabetic's bread, with reasonable amount of meat and a spoonful of apple-sauce made of Baldwin apple; then imbibe distilled water and medicine same as directed for breakfast. Repeat walk, rest, lung exercise and same food and medicine for 2 o'clock lunch. The solid food of supper may be about two ounces of perfectly popped corn (ground or crushed) mixed with fresh oysters, either raw or stewed (no fruit). When the weather is favorable the evening walk may be prolonged, and a sponge bath may be conducted in a hurried manner before going to bed. Then last thing before the Nurse retires the patient should receive the fifth dose of Aconux in a spoonful of water.

Aconux should be continued two days as alterative treatment to prepare the system for other medicines. Hence moderate increase of urine while taking Aconux is not sufficient cause for omitting such treatment.

Then commence regular treatment by putting 160 drops of distilled water into a suitable new bottle, add 2 drops of carbolic acid, shake until mixed. Lable this bottle **Carbolic Acid** 2^x; then put 10 drops of this 2^x attenuation into a suitable new bottle, add 90 drops of distilled water, shake until mixed, and label this bottle **Carbolic Acid** 3^x. Put three drops of this 3^x attenuation and three teaspoonfuls of distilled water into a new bottle, shake until mixed, and give one-third just before the patient starts on the regular walk after each breakfast and lunch for six days. Each following night fill one half-ounce bottle not quite full of distilled water, add two drops of Ant-itis, shake until mixed; let the patient take one-half at bedtime and the remainder first time he is awake after 2 A. M. Every seventh day take a dose of Aconux after breakfast and each lunch.

Instead of taking medicine in connection with any supper of regular treatment, on return from afternoon walks the patient should use Suffield's Electric Appliance by placing positive disk over the nerves of liver (near point of right shoulder blade) and the negative plate under right foot. Every alternate afternoon the positive disk should be placed over nerves of stomach (near point of left shoulder blade) and the negative plate under left foot. The object of this application is to encourage circulation of the natural nerve fluid, without causing any electric shock; hence only enough battery cells should be used to produce the lightest possible current of electricity that will circulate. The Electric Appliance should always be removed before partaking of supper.

INCIDENTAL NOTES.

The cup of egg water before each meal starts the secretions, prepares the stomach to receive solid foods, guards against costiveness, and in some measure modifies the wolfish appetite; but water after each meal should be limited to the least amount that will maintain proper digestion, because all excess over that amount increases thirst and fosters the Malnervia.

In ordinary health, preponderance of "meat" in diet is injurious to humans; hence even in Sugar diabetes, meats must be limited to the least amount that will sustain life until sacnutria is resumed. But we must not forget that in all other diseases sufficient "tissue waste" is renewed and returned as "tissue sustenance" to sustain life for several weeks, while in Sugar diabetes all tissue waste (that gets into blood vessels) is converted into sugar. Therefore nature sustains stomach and bowel digestion in this disease. Furthermore, no two cases are exactly alike, and even the same case is continually changing in its needs of particular elements in different foods, for that reason the person who has charge of the case must have Urinometer and keep written record of frequent tests for sugar, thus learning what combination of foods produce best nerve fluid and least unused sugar.

Each variety of meat requires a compatible acid, and the peculiar acid in oats seems to fit with "beef" for breakfast better than any fruit; but oatmeal does not agree with all constitutions. In such cases diabetic's bread must be used instead of oatmeal.

The charcoal and other peculiarities of properly prepared "popped corn" seem to make a better combination with "fish" than other grains or fruit; but if diabetic's bread answers better, it should replace either part or all of the popped corn.

Any kind of fresh fish or flesh "except veal and all products of swine" may be used occasionally, but **beef, eggs** and **Diabetic's bread*** are the standard. All else is to encourage digestive processes in such manner as will be most beneficial to the nervous system.

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* When Americans become better informed in the matter of making our "standard bread" from fresh milled whole-wheat flour and potatoes, and lightened with air instead of yeast, there will be less need of special bread for diabetics. At present, one method is to continue roller process of milling until about two-thirds of the superfine flour is separated, then grind remainder into a product called shorts. With sufficient water and a little salt make shorts into a "stiff batter" with any invention that will fill it so full of air that while being baked in small pans the expanding air will make the bread light and palatable.

When boiled cabbage leaves answer better (with any meat) than stewed apple, such change is proper.

Much combustion of sugar (in the process of sacnutria) is accomplished while blood is passing through the lungs; therefore our suggestions concerning exercise and expansion of the lungs are based on the belief that all possible means should be used to encourage combustion of sugar in that way. Intelligent patients inform us that they receive as much benefit from that source as any other, so long as they prevent cold air from passing into the lungs; hence they use woolen comforter or some kind of respirator when unavoidably exposed to cold atmosphere. (Such experience agrees with the well-known fact that "cold" food is injurious to diabetics.)

As lack of turbidness in urine is a prominent symptom of Sugar diabetes, so turbidness of urine is a prominent symptom that sacnurtia is being resumed.

In severe cases the Nurse may experiment with Carbolic Acid 3^{x} by increasing the dose one drop at a time, but not above five drops.

RÉSUMÉ.

Discard or shun everything that causes Malnervia.

Do not eat or drink anything that is not necessary to recuperate vitality of the nervous system.

Encourage the lungs to combust as much sugar as possible.

We believe that above conclusions concerning Diabetes in men will enable intelligent Nurses to decide what is best for each particular case among women and children.

A workman in a wood-working factory received two deep gashes in lower front part of right hand, by clean, sharp, revolving knives. When he turned the hand for examination the gaping wound looked like two collops of half-cut "round steak," so he pressed the collops back into place, tied his handkerchief firmly around the hand and hastened home. The wife dipped suitable "bandage" in Ant-itis and wrapped it twice around the hand below the thumb, then twisted the third turn so it would pass above the thumb, then with needle and thread attached all together so this bandage could not get out of position, then covered this with a second bandage which could be easily removed. After holding his hand in a dish of Ant-itis Lotion (near his bed) until all bandages were thoroughly moistened, he went to sleep. Whenever the bandage got dry the pain would awaken him, but soon after soaking it in the Lotion he would go to sleep again. Next morning he took a quart bottle full of the "Lotion" to the factory and placed it near his machine, so that he could saturate the bandage whenever it got dry, then put that hand into a canvas mit. When the power was turned on at 7 o'clock he was ready, and no lost time was charged against him. A clean outside bandage was put on every night, but not a stitch of inside bandage was cut for two weeks. Then the wound had healed by what is called "first intention."

While a young lady was cleaning her bicycle an accidental turn of the wheel caught her left index finger with the nail against the chain, the sprocket piercing the front (of finger), but punching one-fourth of the nail through the chain, thus tearing up that part of the nail from the outside, cutting a piece the (inside) width of chain, and cracking the side next to center, without disturbing root or tip end of nail, giving the wound the appearance of a small chest full of lacerated flesh, with the lid raised to an angle of forty-five degrees. As there was no evidence that the bone had received perma-

nent injury, I filled a teacup one-third full of Ant-itis and gave directions to hold the finger in it until the Ant-itis (aided by the oozing blood) could absorb all the dirt from the wound. This worked so effectually that the cup had to be washed, and fresh Ant-itis put in, twice in twelve hours. At bedtime a piece of "surgeons' lint" was dipped in Ant-itis, folded loosely over end of the finger and secured with thin bandage, equal part of water added to the Ant-itis in the cup, and that dressing soaked in the cup every time she awoke. Such mode of dressing was continued several days, and soon as the "nail" showed exact line between live and dead substance, the dead lid was trimmed off. She was excused from her share of the "family wash" that week, but the next week her mother insisted that soapsuds was good for such sore, and that it would be beneficial exercise to use remainder of the hand on the washboard. After she got through rubbing clothes, the sore was dressed with Green Salve. In one month from accident the "trimmed" edge of nail and two punched edges had grown out together to the outside limit, thus finishing the healing process so smooth and natural that no one could tell (from examination) that the finger had ever been caught in any kind of a trap.

If the lid part of that nail had been immediately pressed into place and the finger firmly bound up so that the outsides would heal with the "sprocket dirt" inclosed, if Lockjaw did not result in less than two weeks, there would be considerable probability of Diabetes resulting inside of two years.

When I was a schoolboy the "hired man" of the village doctor, meeting a "rabid dog" in the middle of the street, caught and held it until someone killed it. In the scuffle the dog bit one finger, and several persons followed the man into the office to see the wound dressed. When the doctor remarked that if someone "with sound mouth" would suck the poison out of the wound" that would save the man from having Hydrophia. His own daughter (landlady of the

hotel) said **I can do that.** I cannot recollect now what the doctor gave the heroic woman to wash out her mouth, or used to dress the finger, but no one received further injury from that bite.

In those days it was common in Illinois for rattlesnakes to bite barefooted boys. Then such boy would hurry home, his mother would catch a "large, healthy chicken," make an opening same as if it was to be drawn for stuffing, "but without breaking or moving any part of the bowels," then shove the "bitten foot" into the live chicken, let it remain until a green tint in "flesh" of the chicken showed that it had absorbed the poison from the wound, and then dress the sore with ordinary salve.

As there was plenty of time for the "hydrophobic virus" in the man's finger to mingle with all circulating blood if there had been no natural hindrance, and the chicken remedy gave satisfaction on boys that were bitten several miles from home, we cite these two forms of poisoned wounds to show that the nerve fluid must be overpowered before the system will absorb the poison, and also to give hints for treatment, because a "wound" made by a rabid animal may heal on "first intention" with hydrophobic virus inclosed, and then months or even years after the bite some irritation (not yet explained) may arouse the latent poison and start dangerous Hydrophobia. Therefore no wound that is likely to contain any poisonous or other injurious elements should be allowed to heal until all possible means have been used to cleanse the wound and cause it to heal from the inmost part, thus enabling nature to push out all extraneous matter.

TREATMENT OF POISONED WOUNDS.

No one objects to having poison sucked out of a wound, but few people like to do it. Another way is to twitch a small bunch of thin paper, set on fire, then put it into a small glass jar (or cup) and quickly press the jar over the wound so as to keep air out. The burning paper will cause a vacuum which will draw blood and poison up into the jar,

or on top of the wound. When the jar is removed the blood and poison "thus drawn" must be burned with the damp cloth that is used to wipe it up. This mode may require several repetitions. A third way, more adapted to wounds that are too wide for above modes, is to blister the wound with a clean iron, heated so as to blister (but not char) all parts of the wound. (Carbolic acid is more convenient for this purpose, but is poisonous to some constitutions unless immediately washed out with Alcohol to antidote the Carbolic Acid.)

Any of those modes should be followed by Ant-itis method, viz: "Draw Ant-itis into a hard rubber syringe that has long, small-pointed tube. Insert this into the wound and discharge the Ant-itis with all possible force. Every time this syringe is withdrawn a second person should press a larger 'but exhausted syringe' into the wound and thus pump out as much of the contents of wound as possible. This process should be continued so long as seems necessary to cleanse the wound, then the sore should be dressed with Green Salve.

For wounds polluted with dirt, rust, &c., the Ant-itis cleansing, followed by Green Salve dressing, is sufficient.

In all cases of severe wounds, one drop of Ant-itis in spoonful of water should be administered every two hours until six doses are taken; then four doses per day until the sore is dressed with Green Salve.

Formerly we used Tincture of Arnica for

SIMPLE BRUISE,

And Tincture of Calendula for "bruise" with broken skin, but after we invented "Ant-itis" it proved to be better than either of those tinctures for such purposes.

COMPLICATED BRUISES.

In a house that had "inside cellarway, trap door and steep steps," a lady opened the "trap" with right hand, then

rested left hand on top of it while turning to step down (facing the trap), but lost her footing and fell with "right side" striking edge of the floor. Her husband (in another part of the house) hearing a heavy fall, inquired the cause. Receiving no answer, he flew through the rooms in time to see her unconscious body sliding down the steps, her neck against edge of the floor, and left hand (with death grip) holding the "trap" within an inch of her throat. Catching the collar of her dress with one hand, "loosing her grip on the trap with the other," and fearing that bones were broken, he followed the limp body to the cellar floor, where he sat down, holding her in a reclining position until consciousness returned. Then with his help she walked up the steps and sat down in an arm-chair (while he prepared material for dressing the bruise), then the "gall fluid" that had been forced into the blood vessels turned the whole surface of her body yellow for a short time, followed by sickening sensation. After placing her in bed, with all unnecessary clothing removed, he put about two quarts of Ant-itis Lotion into a wash basin, soaked a soft towel in the Lotion, then wrapped it around her body so as to cover the bruised part with two folds (then placed a second towel in the Lotion, to be ready when needed). For several hours the inflammation was so intense that when each "towel" was removed it was glazed as if it had been ironed. In a few days the outside soreness subsided; then she could lay her finger over the spot where there was inside soreness, but when sitting up would lay finger on different place. This showed that the liver had been also bruised. For this "internal bruise" Eureka Oil was rubbed over that part every night, and in another week usual health was regained. (It is quite possible that the odor of Eureka Oil continually inhaled from the dressing was beneficial in this last part of the treatment.)

RESUME.

1. Investigate cause, and condition, of every wound and bruise before deciding on treatment.

2. Wounds made by means that leave no extraneous matter inclosed may be allowed to heal by first intention.

3. Wounds that contain extraneous elements should not be allowed to heal in that condition.

4. When burning a dangerous frost-bite, any diseased substance that nature can restore may be destroyed, but large blood vessels, nerve trunks, tendons, &c., should not be destroyed.

BURNS AND SCALDS.

When a burn injures muscles, tendons, ligaments, or destroys a large portion of the skin, such cases are not proper subjects for domestic treatment except "to protect the injury from exposure to air" until professional service can be obtained.

IN DOMESTIC TREATMENT.

When any "burned" part of the body can be "immersed" in Ant-itis it should be kept there until the fire is all drawn out. Then if fingers or toes have been burned, cut a piece of "soft porous muslin" proper size to go a little over once around each one. Saturate a piece in Ant-itis and then place it snugly so that it need not be removed until the part heals. Each part of body that has had the fire drawn out should be treated in same manner—i. e., each piece of muslin must be cut to fit the part, so that no movement will change the position of this dressing. Outside bandages should be planned to keep inside dressing clean and to be easily removed, so that the inside dressing can be frequently moistened with Ant-itis.

On parts of the body that cannot be immersed in Ant-itis, cut the "muslin" proper size and shape, saturate with Ant-itis, lay it on the burned part and then keep this dressing wet with "pure alcohol" until the absence of pain indicates that the fire is drawn out, then finish dressing by keeping the muslin moist with Ant-itis until either the well skin or a sore loosens the muslin from the injured part. If it be a sore, spread Green Salve "quite thickly" over a piece of

thin muslin, and do not remove this dressing until nature sets it free, unless gathering of pus in the sore makes frequent dressing necessary.

In all cases, if there be any blister or water sac, such accumulation of fluid should be pricked with a needle and the fluid pressed out "just before the inside dressing is placed on each part," so that air may not replace the fluid that is removed.

If unnatural chilliness should indicate that the burn has caused nerve shock, Aconux may be given in one-drop doses so often as necessary.

STINGS AND BITES OF INSECTS

Should be treated on same principle as wounds and burns. Sometimes the "instrument" that insects use to make the puncture is left in the wound "and should be removed" soon as possible. Mosquitoes and house-flys often carry "septic poison" and "contagious virus" from diseased individuals to persons in ordinary health. In many such cases it is wise to change the puncture into a burned sore with Carbolic Acid, and then cure the sore with Ant-itis and Green Salve, using whatever remedies are best suited to the case for internal treatment.

For bites of fleas and bed-bugs, free application of Ant-itis is usually all that is needed.

TETANUS.

Some germites teach "that Tetanus is caused by an invisible varmint that hides in road dust and other loose dirt, ready to commence operations in any lascerated flesh that such dirt can enter."

When a farmboy I saw a mare (that had been living on wild grass for some time) ridden over the prairie after unruly stock until very hot, but nothing serious was noticed until noon, when she could neither eat nor drink. A "hoss doctor" gave large doses of whiskey, and everything else he

could think of, but she did not see another sunrise. Another mare that ran about three miles in a "stampede" of horses that were started on the prairie, to be salted at home (one Sunday forenoon) could not drink water. An educated veterinarian was called and tried all he knew, but the result was the same. Although the sucking colts that followed them received no apparent injury from that violent exercise. Neither mare had any external wound, and I have wondered how the "dust varmints" started Lockjaw in those cases.

It is known that "puncture of ramification of artery" with needle or pin is more likely to start this disease than a wound that has been enlarged by cleansing (in the manner suggested in the article on wounds) until that ramification is totally destroyed. Hence we believe following hypothesis suggests proper method of treatment, viz: "That Tetanus is result of constrictive irritation of 'one or more nerve centers,' causing corresponding derangement in the 'medulla oblongata,' followed by contraction of muscles of lower jaw and some other parts of the body, Lockjaw being first reliable symptom of such conditions."

SYMPTOMS.

If Tetanus starts from a visible wound, there may be timely warning by "pains" emanating from that locality, and spasmodic chilly sensations.

If started by irritating material from "unnoticed ruptured vessels" * the first noticed symptoms may be pain and stiffness in nape of neck, which prevents turning of head without turning the body, the lower jaw being set, and swallowing painful."

Then if proper treatment does not relieve those conditions, tonic spasms of muscles of back, breast and abdomen cause all the affected parts to have a hard, constricted feeling, followed by clonic spasms which may cause the body to

* It is quite likely that Tetanus of the two mares (noticed as illustrative cases) was started by "nerve shocks resulting from rupture of ramifications conveying material for production of milk."

bend forward, or sideways, or (when lower limbs become affected) the spine may curve until nothing touches the bed but the heels and back of the head.

The mind is usually unimpaired and sleep impossible. There is considerable thirst, but the patient would sooner starve than endure the pain of swallowing.

Severe pain in the stomach, costiveness of bowels and scantiness of urine indicate that internal organs are considerably affected. Some cases collapse in a few hours in spite of any medicine that may be administered; others keep up the struggle for several days and then recover.

TREATMENT.

In Cholera it is necessary for the patient to summon all the "courage and will power" they can muster "to resist a typhus poison which is invading the nervous system."

But Tetanus "is a sympathetic irritation" of nerves that control muscular fibers, and is increased in violence by resistive efforts of the patient. Therefore the Nurse should be captain of the whole ship "in Tetanus sick room," not manifested in conceitedness of official dignity, but in such complete surrender of her will to God's will (and resulting free conscience) that her faith in divine guidance will cause the patient to have faith in her. In such spirit all resistance against either the spasms, or treatment, should be tactfully prevented and unnecessary visitors and draughts of cold air excluded.

The article on Wounds and Bruises gives useful hints on prevention of Tetanus, but when contraction of muscles of lower jaw indicate that this disease has commenced in the medulla oblongata, vigorous treatment should be commenced.

Since a poisonous dose of "Nux Vomica" will produce Tetanus, we know that it is the Homœopathic remedy for this "irritation of the spinal marrow;" we also know that "Aconite" is proper remedy for "softening the muscular

fibers, thus relieving stricture" of nerves, blood vessels, alimentary canal, and urinary ducts (the manner in which those two drugs are combined in Aconux is explained in Characteristic Effects, which should be carefully studied by the Nurse).

If I was responsible for a case of Tetanus, in man of ordinary vitality, would commence by giving five drops of Aconux (in spoonful of water), then increase the dose one drop every twenty minutes until I saw that the Aconite had reached its limit of "softening muscular tissues"—i. e., reached its homœopathic limit of action on muscular tissues without commencing allopathic action on the involuntary nervous system. There is so much difference in "susceptibility to action of Aconite" in different constitutions that no one but the watching Nurse can insure the best results from Aconux. Therefore I could not advise any one to go beyond ten-drop dose every twenty minutes, while I might go much further in extraordinary case. Anywise, when such limit is reached, one-drop dose of Tonic Drops should be given every thirty minutes, until three doses are administered. Then would commence giving Aconux (every twenty minutes) in whatever dose seemed best adapted to the condition of the patient, interposing three doses of Tonic Drops whenever needed.

The object of this treatment is to soften muscular fibers with the Aconite so as to stop "pinching of nerves" in affected parts, and also guard "tissues" of all unaffected parts against invasion. This requires the largest amount of Aconux that the constitution will bear without injury, Tonic Drops being interposed (when needed) to prevent allopathic action of the Aconite, and prepare the system for continued use of Aconux until nature (aided by the Nux Vomica) can allay the "irritation of the spinal marrow."

If, in spite of such vigorous internal use of medicines, "clonic spasms" of the body should start, I would commence rubbing Eureka Oil on those affected parts (especi-

ally the muscles in front of the stomach), being careful not to "meddle" with any part of the spine, lest it should hinder action of the Nux Vomica on spinal marrow, the object of Eureka Oil being to assist the Aconite in its work.

When any or all of above treatment relieves the Tetanus, one Tonic Drop may be given every four hours until the case is out of danger.

INCIDENTAL REMARKS.

When there is severe pain at the pit of the stomach (in any stage of this disease) Eureka Oil may be rubbed over that region. If this gives satisfaction, it may be extended to other affected parts.

As the only reliable way of getting liquid medicine into the stomach of other animals is to pour it through the nose, the lives of some humans may be saved by administering the medicine through a nose glass when it cannot be received through the locked mouth. In such case a little pure water should be tried first, to see if it can pass without falling into the windpipe. Anywise, every dose of medicine should be diluted with "luke-warm" water.

NEURALGIA.

Is indicated by a "peculiar boring, jumping pain," which informs us that a nerve is either exposed to cold air, or has been injured by Malnervia, and then unusually excited by chilling of surrounding tissue, or other means which produce this kind of pain.

If a nerve has been severed by any means that left an end exposed to chilling influences, enough of the exposed end must be removed to allow sufficient live flesh to grow over it. If a decaying tooth exposes a nerve, the tooth should be pulled out. But if the "Neuralgia is the result of aggravated Malnervia" it can be relieved in a manner that will decrease the predisposing cause.

An uncommon warm day in May, 1853, caused a fourteen-year-old boy to take off coat, vest, shoes and stockings, but

sudden change of the atmosphere by wind storm made his limbs numb with cold before he could get to his clothing. A severe Common Cold was the immediate result, but afterward exposure to chilling influences would cause him to have toothache about three hours each evening. So the family Physician pulled out a (sound) tooth. That gave temporary relief, but later another tooth seemed to ache worse than the first one, so the Physician pulled that (sound) tooth; then he said, "Boy, you have Neuralgia," and gave him Quinine and Morphine Powders. That treatment always gave temporary relief, but increased the general Malnervia of his whole system. Fifteen years later that side of his face was so shrunken all photographs had to be taken from side view to hide the deformity, and there was little encouragement from opinion of Physicians "that such chronic cases were incurable," especially the day when he saw his new wife turn white and inflexible as a marble statute, topple out of a chair and lose a front tooth when her face struck the floor, in paroxysm of "chronic Neuralgia of stomach" which had been developing for years in spite of all treatment her Physicians had tried.

Here was an opportunity for conscience to lead them through experiences which resulted in their using Homœopathic doses of Belladonna. Fourteen years after commencing that style of treatment no one could tell (by examination) which side of his face had been deformed, and the wife spoke of her Neuralgia of stomach as among experiences long past.

Since Belladonna is the principal drug in the compound which we call Ant-itis, we cite above cases to illustrate the difference of results between Quinine and Morphine treatment and "Aconux and Ant-itis treatment" for Neuralgia.

TREATMENT.

No matter what part of the body is the seat of neuralgic pains, sufficient number of doses of Aconux should be administered to overcome the "dry, feverish condition pro-

duced by the exciting cause." Then use Ant-itis any way that prevents or relieves the paroxysm of pain.

For Neuralgia of face, four to six doses each day may be sufficient. For Neuralgia of internal organs (besides regular doses of Ant-itis) frequent injections of warm water, medicated with Ant-itis, will be beneficial. Moreover, if the pains are in the womb, a "pessary" made of cotton batting and dipped in Ant-itis can be placed where it will give much relief, especially if the person can lie down most of the time.

Since Neuralgia is one form of "aggravated Malnervia," which causes nature to make "periodic efforts" for its removal, it is necessary to continue treatment for a week or more after each spell, with three or four doses of Tonic Powder each day.

When Neuralgia causes shrinkage of external parts, massage each day (between the acute attacks) is beneficial.

If a case of Neuralgia is complicated with Rheumatism, study article on Rheumatism and Sciatica before commencing treatment.

INFLAMMATION OF THE BRAIN.

Medical books describe a number of diseased conditions of the brain which may be classed under the general term of "Meningitis," which means "inflammation of the membranes of the brain."

There are three distinct membranes—the "dura mater," which lines the interior of the skull, the "pia mater," which invests the entire surface of the substance of the brain, and the "archnoid," which is so held in position between the other two membranes that it and the fluids on either side of it make a "flexible cushion" to protect the brain from external concussions.

The distinctive characteristics between inflammation of those membranes and inflammation of the substance of the brain is "that the pains of the former are acute and somewhat like Pleurisy pains, while the pains of the latter is

usually of a dull, paralyzing nature, and that while the inflammation of those membranes may be caused by same influences that affect other membranes—i. e., chilling, bruising, &c., inflammation of substance of the brain is more often incited by irritating inflammation of one or more membranes of the brain. In other words, the "substance" of the brain is a very attractive field for scrofulous deposits, which seem latent until aroused to action by inflammation of membranes, while the membranes are most easily affected by any malnervous derangement of the nerves. Hence, nearly all acute ailments of the brain commence in the membranes.

This suggests necessity of Nurses being always alert to discover, and check, any influence that starts irritation of the brain.

TREATMENT.

During treatment of other diseases, when symptoms of irritation of the brain are manifested, one or more doses of either Ant-itis or Belladonna (see Characteristic Effects) should be given in place of other medicines. In all cases among children, "whenever there is reason for suspecting that worms in the bowels are increasing the irritation of the brain," one or more doses of Worm Drops each day will increase efficacy of other medicines.

When a Common Cold "chill" is followed by symptoms of inflammation of the brain, give sufficient number of doses of Aconux to overcome the "dry, feverish condition," then follow with Ant-itis in any manner that suits the case. If this does not give full satisfaction, follow with as many doses of Tonic Drops as seems best.

Tonic Powder is always needed during convalescence after Brain fever.

Of course, all we have stated concerning diet in the article on Malnervia applies to all inflammatory diseases.

A fully developed case of Brain Fever is not proper subject for domestic treatment, and few cases ever entirely

recover under any treatment. Therefore every mother should become familiar with all the means suggested in this book for checking all irritations of the brain.

OVERHEATING AND SUNSTROKE.

Overheating is usually caused by walking or working in excessive sunshine, or near hot fire, until the inside of the body feels as if melting, or there may be such a smothered feeling that all the person can comprehend is "that they are dangerously hot."

TREATMENT.

Put a spoonful of sugar into a soup bowl, adding five drops of Spirits of Camphor; rub Camphor and sugar until mixed, then add one pint of hot water and stir until cool enough to be sipped from the spoon.

If bathing of any part of the body is necessary, it should be done with a sponge and luke-warm water. This will cause evaporation from the body and cool the system fast as it is safe to do so.

Following above treatment for a few days, with proper care regarding exposure (to same influences) and diet, is usually all that is necessary.

SUNSTROKE

Is a serious injury and needs careful study

It is not common in New Orleans, where the nights are so cool the system has natural opportunity to get cooled before next exposure to heat.

What is called the "corn belt" of the United States—i. e., where many summer nights are so warm and sultry "Indian corn" seems to grow faster at night than in daytime, is most productive of this injury (the central latitude of Sunstroke is between St. Louis and Chicago).

Since we have not seen any explanation of this "Stroke" which suggests proper treatment, the following is offered:

"The construction of arteries causes them to remain open,

but the construction of veins permits them to collapse when not filled with blood; furthermore, the capacity of the 'branches' of the veins is greater than the capacity of the trunks, and the size of veins that carry blood from the brain much greater than the arteries that carry blood to the brain, which shows that blood passes through veins much slower than through arteries, and proves that the heart has much power to force blood through arteries and very little power to suck blood from veins of the brain. Hence there is 'provision in tissue of veins and their surroundings' to propel blood through the veins, which is dependent upon proper action of the nervous fluid. Therefore, undue pressure of blood in capillaries of a sound brain would cause nature to switch off sufficient nerve fluid 'from arterial system to nervous system' to prevent Sunstroke. But nerves that are deranged by Malnervia may be so overexcited by excessive heat that some capillaries of brain will be bursted before the switching off process is consummated." This explanation shows that "cold applications" are very detrimental.

TREATMENT.

Should be commenced by giving two doses of Aconux ten minutes apart (in a spoonful of warm water), twenty minutes later mix one drop of Belladonna 3^{x} with two spoonfuls of water and give in two doses fifteen minutes apart. Follow with one-half drop doses of Belladonna 3^{x} for one week, with such interval between doses as seems best suited to the case (nothing is gained by accumulation of large amount of any drug in the system of such stricken person).

Fresh distilled water (warm as is palatable) should be the only drink for at least one week. No food should be allowed first day. Ripe watermelon (natural temperature) should be the only food second day; remainder of that summer the diet should be very light, "principally rice and fruits." China tea, coffee and all other narcotic luxuries should be shunned in all after life.

All the damage of Sunstroke is not noticed first day.

Over thirty years ago a farmer about thirty years of age, who had developed incurable Malnervia in the army, was stacking grain, and noticed that he was getting blind from the heat, but persisted in finishing that "load," because the sign was out for five o'clock supper; then groped his way from barnyard to the house, bathed hands and face in tepid water, sat down to table and drank warm water while others ate their supper. When he returned to the stack was recovered sufficiently to see that he had been starting a new stack on the south side of a "large rick," thus getting full reflection of the sun from it. As the sun lowered he stacked two more loads that evening. A storm in some other locality that afternoon caused the next day to be very pleasant, so he performed light work all day. Then followed over a week of nervous prostration, which disabled him from any mental or physical work. The first hot week of each succeeding year (without exposure to sunshine) has caused more perceptible pain than that first attack. Close, hot air, sun reflections from glass or polished metal, the concentration of thought necessary for public speaker, teacher or salesman, any incident which should excite "perfect recollection and selection" of a needed idea (any time of year) has caused sudden rush of blood to the brain, with blindness, deafness, loss of memory, and sometimes total unconsciousness for a short time.

With same surroundings, an intemperate person would have fallen unconscious on the stack. Thus we see that while the temperate habits of the case cited saved him from usual violence of first attack, his constitutional Malnervia permitted usual destruction of capillaries. The most humiliating feature of such case is "that while the mind is deranged with such rush of blood to the brain, the half-conscious, half-blind, half-deaf victim imagines it is the other fellow, or thing, he is dealing with that is in fault, and is apt to express his opinion in tones that cause other people to consider him a "fool," when ruptured blood vessels are the real cause of his ridiculous behavior.

Since capillaries injured by Sunstroke never recover natural condition, such person can receive much benefit from a dose of Belladonna 3^{x} soon as they are aware of their deranged condition.

More forethought in planning all kinds of building work, providing proper protection from the sun, walking on proper side of street, &c., would enable all temperate persons to shun Sunstroke.

RÉSUMÉ.

The "nerve shock" produced by flooding of the brain with surplus blood when fine capillaries are burst "causes natural abatement of heart pressure in brain arteries." Hence our work is to assist nature in getting the surplus blood out of the brain, whether it be the first attack, or any subsequent overflow of blood in the brain. This view suggests that removing the patient into ordinary temperature and then using medicines that will "accelerate flow of blood in the veins" is proper treatment. (For comparison of action of Aconux and Belladonna, see Characteristic Effects.)

EARACHE.

Earache is usually caused by "dryness" of membranes, or earwax, and is not common among adults. For such cases, lay the child on its side so the affected ear will be up. Warm a teaspoon by holding it a minute in hot water (or over a lamp until same temperature is obtained), place three drops of Ant-itis in the spoon and let two drops run from the spoon so it will flow down upper inside of ear. After the Ant-itis has time to reach the drum, then let the child change position so the Ant-itis will commence to work outward on lower inside; then mix one drop of Aconux with ten spoonfuls of water and give a spoonful every fifteen minutes until the child goes to sleep (if weather is cold the pillow must be well warmed). This is usually all that is needed for that attack, and may be repeated each following night when necessary. Anywise, care must be exercised

that the Ant-itis is just warm enough to be pleasant to the child.

Sometimes "delay of menstruation" in girls cause earache. In such case give three one-drop doses of Aconux, and then follow with one-drop doses of Elixir, with such interval between doses as seems best, and be careful not to use the Ant-itis any oftener than is necessary to keep the membranes of the ear moist, because "nerve sympathy" with other organs may be the principal cause of the earache. Chronic cases of this character need constitutional treatment for the "cause of delay."

INFLAMMATION OF THE EAR

Is most common among scrofulous individuals, especially children. Whatever be the cause, if the inflammation extends only to the drum (partition curtain between the part of the opening that is lined with skin and the middle portion which is lined with mucus membrane) it is proper subject for domestic treatment. But unless the Nurse has positive evidence that Common Cold is the cause of "inflammation in middle ear," a skillful Physician should make examination before any treatment is commenced, because fever and other external symptoms are not sufficient explanation of all internal conditions.

TREATMENT.

First learn the cause and "present condition," then study Characteristic Effects of Remedies until you know which medicines are needed for internal treatment of the system, and instead of dropping full-strength Ant-itis into the ear, the Ant-itis should be diluted with warm distilled water to any strength that is best suited to the condition, "and applied with ear syringe." This should be done with care and only for the purpose of cleansing adhesive matter out of the ear. Ignorant squirting of liquids into the ear to give temporary relief from pain have done much harm.

Is "a distinct constitutional poison," which may be generated from other diseased conditions of the body—can be conveyed with other poisons in vaccine matter (instead of Smallpox), or be absorbed from eruptions of Erysipelas patient. When once started in the system, becomes a dyscrasia which may be latent while a severe wound heals propititously; at other times exposure to a chilling wind, when the body is heated by fatiguing exercise, may cause a white person to turn red as an Indian in five minutes, and that morbid redness subside in an hour without any other apparent injury than moderate debility resulting from the nerve shock, or the epidermis of the whole body be so affected as to fall off in small scales the following week (to relieve this annoyance I have seen a bath of warm soda water cause the shedding of all the epidermis in one night). At other times sitting in warm room or car where cold draught from broken window can strike some uncovered part, or even slight bruise, or scald, may cause an attack which will not spread far from the seat of injury and subside in two weeks, or it may continue to spread in a creeping manner over the whole body, and be months before recovery from such attack is attained. All those peculiarities depend on the inability of the nervous system to resist invasion, and the degree of morbidness of the general system while the Erysipelas is active. It affects the whole depth of the skin, and while limited to external skin is not dangerous, but when it attacks membranes of internal organs is very dangerous.

ORDINARY SYMPTOMS.

A chill (not always noticed) followed by more or less fever and "a shining redness of affected part, which swells so that when pressed with a finger gives impression of a stiff, caked mass." This continues until a yellowish limpid fluid "under the epidermis" raises it into blisters, which either dry up or burst and become covered with crusts. Then the epidermis peels off in flakes.

The time required for development of each stage depends very much on virulence of the attack, but in cases where the Erysipelas spreads over whole body there will be all the different stages of "bloom of redness, blisters, and peeling off of epidermis on different parts at same time."

HINTS ON TREATMENT.

1. Give sufficient number of doses of Aconux to overcome the "nerve shock condition indicated by the chill."

2. If the activity of Erysipelas is incited by scald, burn, or any other means that require full strength Ant-itis, that should be continued until all fire is extracted, or other object accomplished. Then reduce the strength of Ant-itis with distilled water to whatever dilution gives best satisfaction. While one part of Ant-itis to fifteen parts of water may be best to relieve the "itching," one part of Ant-itis to thirty parts of water is better for the "burning pain of highest bloom of the inflammation." Hence a bottle of each strength of Lotion should be prepared.

When Erysipelas creeps over whole body, both arms or both legs are not apt to be in same stage at same time. Therefore I found much relief (while suffering a two-months siege in midsummer) from supporting the arms with pillows, placing pillows between the legs, under flexed knees, &c., thus allowing many changes of position without sore parts touching each other.

3. The science of theraputics reveals two classes of symptoms. One class is "consequence" of each development of disease, and some Practitioners wait until each symptom is manifested and then give the medicine which will relieve that symptom. The other class is "landmarks" that indicate "constitutional predispositions." The skillful Nurse who is familiar with physical history of two or more generations of her family will understand landmark symptoms (often overlooked by seekers for the first class), which will enable her to anticipate development of any un-

sanitary ailment. Moreover, since "tissue waste" causes all animal tissues to be completely renewed in a few years, "anticipation of activity of constitutional poisons" would hasten the breeding out of all constitutional dyscrasia. Therefore the objective point in treatment of active Erysipelas should be to "mollify" the consequent symptoms, "diminish" the constitutional morbidness which fosters this disease, "increase" nervous vitality of whole system. For those purposes Ant-itis is the best remedy for both internal and external treatment, but in long continued activity of Erysipelas four doses per day of Tonic Powder four days, followed by two doses per day of Sulphur 6^{x} every third week, will enable Ant-itis to give best satisfaction; and in cases where landmark symptoms, or environment, indicate danger of Typhus becoming active, it will be better to give Tonic Drops instead of Tonic Powder. Anywise, every Nurse should be familiar with Characteristic Effects, and article on Malnervia, and thus be able to practice the ideas suggested in this article.

POISON VINE.

Rhus Toxicodendron (Poison Oak) is a small shrub; Rhus Radicans is a large "vine," but the peculiar volitile principle which is emitted from the growing plant, and juice which flows when either is incised, is the same in general character.

While workmen were trimming a plot of dense woods that had been purchased for a park, the foreman severed "what seemed to be a large dead vine lying on the ground" with a stroke of his axe. After one end had sprung up and drawn blood from his forehead, he noticed that it was a live Rhus Radicans vine, with green leaves hidden by the foliage of a "large tree" from which forty feet of the trunk of the vine had been torn loose by some means.

He continued working remainder of that afternoon and noticed occasional chilly sensations, but having frequently

worked among such vines without injury "before he incurred Erysipelas dyscrasia through army vaccination," was not sure as to whether those chilly sensations were caused by the "juice which had so little time to flow from the cut vine," or from dampness of the undergrowth he was trimming (while the others removed logs and superfluous trees).

After supper he was so tired that he hurried to bed without giving much attention to the scratch on his forehead, but when he awoke in the morning his head and face were so swollen he could hardly see. So he remained in bed, commenced taking a dose of Sulphur 6^{x} four times per day, and keeping the affected parts covered with porous cloths saturated with Ant-itis Lotion. During that day the redness and swelling spread over arms and upper part of body, and in twenty-four hours more reached his feet. This swelling only remained in each part about two days, receding as regular as it had spread. Being needed in the park on third day, while his feet were still swollen, dressed and put on large rubbers. At noon soaked his feet in the Lotion and then returned to work. On fourth day he wore his own shoes.

The color of this inflammation was darker, and the swelling greater, than Erysipelas, but the itching was not so severe, and he did not notice any peeling off of epidermis (which frequently results from such poisoning).

Some persons handle "such plants" with impunity, while others are often poisoned while passing several feet from them, being more susceptable at some stages of their health than at other times. Moreover, the case cited was not complicated with Erysipelas, but the Erysipelas dyscrasia had depressed the vitality of the "nervous system" until it was unable to resist invasion of the plant poison; and there is a vast difference between the constitutional dyscrasia of Erysipelas and the incidental inflammation of the skin produced by plant poisons.

TREATMENT.

1. Give sufficient doses of Aconux to overcome the "nerve shocks" indicated by the chilly sensations.

2. Use Ant-itis Lotion to mollify the inflammation of the skin.

3. Give whatever medicine will best assist nature in casting out this poison, but in such attenuated doses that it will not arouse any constitutional poison into activity.

ASTHMA

Is a "nervous affection of the bronchial tubes" producing periodic spasmodic difficulty in breathing. Hence anything that will foster Malnervia may cause Asthma, especially unnecessary stimulants and narcotics. It is most generally incited by residence in low, damp localities, irritating particles in the air we breathe, or occupations and careless habits which expose the person to similar influences. In some cases it becomes a "constitutional periodic habit," which is very disagreeable, but does not prevent old age; while in other individuals it produces structural changes that irritate tubercles and results in Pulmonary Consumption.

SYMPTOMS.

Sometimes there is timely warning by a stuffed, constricted feeling in the chest. More often it comes on while the person is asleep; increasing difficulty of breathing awakens them; they sit up in bed or on a chair; the face looks distressed, the eyes protrude, cold perspiration covers the forehead; they have desire to draw a long breath, but feel that the inhaled air does not reach the lungs; the unavailing effort to get free passage of air causes hissing, rumbling noises. If this condition is not interrupted by artificial means, it continues until the impure air in the lungs causes sufficient poisoning of the system to relax all muscles; then the air rushes into the bronchial tubes, giving sudden relief and recovery from that attack of "dry Asthma."

In "moist Asthma" the above described rush of air into the bronchial tubes gives only partial relief and is often followed by belching, yawning and increased secretions (within the bronchial tubes), which excite cough and rattling of mucus for some time afterward. Thus an attack of Asthma may not last an hour, or be continued for hours or days, and there is much difference of symptoms in different individuals. Some are liable to be attacked any time, others only at certain periods. If a moist attack occurs in latter part of every summer it is called Hay fever.*

TREATMENT.

The most reliable method of treating "true Asthma" is to either remove the cause from the patient or remove the patient from the cause (same influences that produce "Malnervia" produce Asthma). This is more often possible than many people are aware of. When a mother sees that any form of indiscretion, or intemperance, of her husband prevents cure of Asthma in their family, she should not rest until she finds "free conscience.". We use the term "find" because a woman who has free conscience cannot marry a man whom she knows has intemperate habits; neither can man or devil deceive her. After finding free conscience herself, she should not rest from pleading with Jehovah and using her "inherent inducing power with her husband" until he too finds free conscience. It is true nature never forgives crimes committed against humanity, but it is also true that "nature is recuperative," and that conscience (knowing with God) enables us to stop violating physical laws, and to discern proper means for assisting nature in recuperating inherited or acquired injury to health. It was such experiences that led me to invent Magic Pellets (see Introduction

*"Spasm of the Glottis" in young children (sometimes miscalled Asthma) is usually outgrown, but may be caused by organic trouble, or may result in organic disorder. Therefore is not proper subject for domestic treatment.

Other diseases or injuries may cause Dyspnœa (difficulty of breathing) and Apnœa (complete inability to breathe), but it makes unnecessary confusion to call such "incidental results" Asthma.

to Composition and Office of Conscience), and I have not heard of any case in which Magic Pellets failed to relieve the "suffocative stage of Asthma" when properly administered.

When any person who is subject to attacks of Asthma has warning symptoms that a paroxysm is coming on they should take a dose of Magic Pellets every five minutes until those symptoms are relieved. When an adult of ordinary vitality is awakened by a paroxysm they should take one-drop dose of Aconux every five minutes until air passes into lungs.

Careful study of all articles in this book will enable the honest mother to select proper medicines and other suitable means for proper treatment of all forms of "true Asthma."

WHOOPING-COUGH

Is a contagious, epidemic, "catarrhal" affection of the bronchial tubes, with three distinct stages.

The first stage is not distinguishable from Bronchitis (except by impression that the patient has been exposed to contagion of Whooping-cough), the symptoms being same as Common Cold.

When the Common Cold condition (congestion of cells of the mucus membrane that lines inside of all bronchial tubes) changes into Catarrh (suppurative flowing off of extraneous matter from mucus membrane of all the bronchial tubes) the "cough" (which is nature's method of drawing the catarrhal mucus out of the bronchial tubes), has a peculiar whoopsound, this "whooping of suppurated mucus out of the bronchial tubes" is the second stage.

The "recuperative period" which follows the whooping stage is the third stage.

A "loud, shrill whoop" indicates that the irritation which incites the cough is in the "large bronchial tubes," which cannot be dangerously clogged with mucus. A "smothered whoop, with difficult, painful cough," indicates that the "fine bronchial tubes" in the lungs are clogged, and that it

will be dangerous for such conditions to continue without intervals of partial relief.

In Asthma the paroxysm is caused by efforts to get "fresh air" into the lungs. In Whooping-cough the paroxysms are caused by efforts to get "foul air" and mucus out of the lungs.

This disease is most common among children (because it only occurs once in a lifetime), but I have known a mother "and her four children, ranging in age from nine months to fourteen years," all have Whooping-cough at same time. The nursing child suffered least; the other four cases suffered with increasing severity in proportion to their ages, from which we infer that the "first summer" after the child is old enough to be controlled is the best time to have Whooping-cough, on account of liability to incur cumulative colds in winter (and thus incite complications with Bronchitis, Pleuritis, &c.). Contagion of Whooping-cough should be shunned when there is Measles, Scarlet fever, Small-pox, or any other "contagious eruptive" disease in the family.

Uncomplicated Whooping-cough is not dangerous if intelligently nursed.*

TREATMENT.

When a nursing child manifests symptoms of Common Cold (with any probability that it is the first stage of Whooping-cough) the mother should take a one-drop dose of Aconux every four hours.

During the whooping stage she should take a one-drop dose of Ant-itis before rising, and at ten A. M., also one drop dose of Aconux at three P. M. and at bedtime; but if constitutions of mother and child indicate that half-drop doses are best during the second stage, that method should be adopted.

* The most dangerous case of Whooping-cough we have seen (a girl of three years) continued to grow worse (with considerable fever, and irritation of brain) until Worm treatment was adopted, then she made fine recovery.

During the "recuperative stage" she should take dose of Sulphur 6^{x}, and Tonic Powder, alternate mornings.

This seems to be proper place to state that the "wise nursing mother" will shun Common Cold and any kind of food or drink that interferes with production of suitable milk, and whenever practicable will take the medicine (herself) which is needed "in attenuated form" for the disease of her child.

The proper dose of medicines for all other persons who have Whooping-cough, see Characteristic Effects.

WORMS.

Three distinct classes of worms infest human intestines—the small thread-worm, medium-sized round-worm, and the two varieties of tape-worm. Expulsion of tape-worm (in most cases) needs professional skill, therefore this article refers to the other classes.

A few worms may exist in the intestines of an ordinary person (of any age) and produce enormous number of eggs, and those eggs pass off with the stools without causing any apparent trouble; but if fæces are retarded in any part of the intestines until a large number of worm eggs are hatched "and those parasites consume considerable material intended for sustenance of the human," or when those parasites are not satisfied with the amount or character of the fæces "and feed on the mucus membrane that lines the bowels," such operations cause very disagreeable symptoms. Moreover, those worms are inclined to be migratory. It is claimed that thread-worms often pass out of the anus of their first home (at night) and enter the anus of other persons. Hence it is unwise for anyone to sleep with an infested victim. It is well known that both classes often enter the stomach and throat and any other channel that attracts them. A round-worm took possesion of a "glottis" and caused death by suffocation. While seeking the cause of a mysterious death, I found a round-worm coiled up in the

"gall bladder," in which the worm had consumed all the liquids that came in, and filled the dry bladder with its own excretions. No other worm was found in that system, and robust health had been enjoyed until that worm entered that vital organ.

COMMON SYMPTOMS.

Pale, sickly appearance of the countenance; irregularity of appetite (mostly voracious); a peculiar fetid breath called "worm breath;" sensation of gnawing and burning in any particular part of the intestines; slight or remittent fever; wakefulness at night; grinding of the teeth and irritability of temper; children awake with a scream; emaciation of body. Sometimes there are "colic pains" and slimy evacuations; convulsions in children and epileptic attacks in adults.

TREATMENT.

First day give four doses of Aconux; second, third fourth and fifth days give a dose of Worm Drops early as possible in morning, a dose of Tonic Powder at ten A. M., a dose of Worm Drops at three P. M. and bedtime. On sixth day omit Worm Drops at bedtime and use injection of warm water medicated with Ant-itis. Seventh day give dose of Sulphur 6^x in morning and dose of Calcaria 6^x at bedtime. Continue this method so long as necessary. In some children with puny constitutions it is best to administer such treatment alternate weeks and allow the system to rest from all kinds of drugs in the intervals.

By above treatment all worms that do not get washed loose by the injections "will be digested in the intestines."

One peculiarity of worms is "that children of ordinary vitality may nourish a large number of these parasites without their presence being suspected. The natural cessation of appetite and digestion of food essential to recovery from many forms of disease cuts off regular supply of nourishment from the worms. Then their attack on the mucus lining of intestines cause sympathetic action in the brain, resulting

in convulsions and other nerve derangements, which are often erroneously credited to the prevailing disease." See foot-note in article on Whooping-cough.

This treatment is so arranged that if the Nurse should err in supposing that familiar symptoms were caused by worms, those medicines are beneficial in diseases that manifest a condition similar to worm invasion.

Our explanation of worm habits will enable the wise mother to see that while no amount of crying or teasing should prevent her from withholding injurious luxuries and "unripe" fruits, she should "never refuse to give a child a reasonable amount of bread and butter between meals."

Americans eat too little rice and too much "candy and animal diet." Indulgence in consumption of such foods cause craving for injurious acids (manifested in children by their longing for "unripe fruits;" in adults by their relish of beer, sour pickles, &c.). If rice was the principal element in one meal each day, of all mothers and children, and all persons used only such food and drink as is best suited to their individual vocation, there would be little need of medicines to mollify injuries caused by intestinal worms.

N. B.—While it is necessary for all children who manifest unmistakable symptoms of worm invasion "to take doses of Worm Drops suitable to their age and circumstances and weekly injections of warm water medicated with Antitis," in many cases it will be proper for nursing mothers to take the Aconux and Tonic Powder either all or part of the time.

COLIC

Is a general name* for paroxysms of pain which indicate "neuralgia" of the inside lining of stomach or bowel "before tissue of the membrane has had time to develop inflammation."

* Colic caused by chronic disease which creates irritating substance in other organs, may need attention of skillful Physician, but even then this domestic treatment will be proper until such service can be secured.

Malnervia is the predisposing cause of this disease.

It is often excited by chilling stomach or bowel (when seat of disease is in either, the other always sympathizes with it): also by fit of anger, or intense fear; sometimes by excessive amount of food in the stomach; more often by improper food.† Pinching of the bowel by Hernia is frequent cause of Colic.

TREATMENT.

Whatever be the cause, the nature of this disease suggests importance of immediate relief.

FOR INFANTS.

1. Mix one drop of Aconux in ten teaspoonfuls of warm water and give spoonful doses (with such interval between as age of child will require) until there is abatement of the pain. Also give the mother one-drop dose of Aconux, and later doses if required.

2. Give the child frequent injections of warm water medicated with Ant-itis.

3. Keep warm flannel compress over the stomach and bowels by having a second compress well warmed before removing the first one; also keep legs and feet warm with similar means.

FOR OLDER PERSONS.

Give one-drop dose of Aconux so often as circumstances will permit. Use the injections frequently, and make provision so the patient will not leave warm room or step on cold floor until the pain is relieved. Sometimes there is rheumatic pains in region of heart or stomach. In such cases rub Eureka Oil over such parts.

† Nursing mothers should remember that every time they have a fit of anger, hysterics, or fear, catch Common Cold in any manner, or indulge in unsuitable food or drink, the milk secreted under such circumstances is liable to produce Colic in the child.

INFLAMMATION

OF STOMACH AND BOWELS.

The stomach consists of "four coats"—the serus (which is similar to the membrane that lines the inside of the chest), the muscular (which consists of three sets of fibers so arranged that their contractions produce the peristalic movements of the stomach), the vascular (a submucus membrane which supports the blood vessels that supply the mucus membrane), the mucus (which lines the inside of the stomach and secretes the fluids needed in digestion and for its own protection).

The four coats of the bowels are much like the coats af the stomach, but being thinner, have less peristalic power.

The stomach and bowels are so intimately connected in their functions and by the "nerves that energize them" that inflammation of any part of either affects the other; moreover, inflammation of either inside or outside coat affects all four coats. Hence this disorder is "acute inflammation of all nerves and tissue of the seat of disease, and sympathetic derangement of all other parts of those organs.

This dangerous disease may be caused by neglected or improperly treated colic, poisonous doses of drugs given for other diseases, puncture or severe bruise, or by diseased secretions from other organs.

SYMPTOMS.

At commencement may be much like Colic, except "that while pressure of affected part is generally agreeable in Colic, no pressure or rubbing can be borne in this disease." The amount of swelling depends somewhat upon the exciting cause, but is generally considerable.

TREATMENT.

Give four doses of Aconux thirty minutes apart (to mollify the "nerve shock" that permitted this invasion), then follow with alternate doses of Ant-itis and Aconux two hours

apart until the inflammation is reduced. Meanwhile use frequent injections of warm water medicated with Ant-itis; also saturate a soft, spongy towel in milk-warm Ant-itis Lotion and keep inflamed part covered with such compress (this can be done by having a second compress ready to slide on "soon as first one gets dry," without uncovering body).

No solid food is allowable in this disease, and less the better of any kind until the inflammation is reduced. Then great care must be exercised in selecting suitable diet. Condition of the patient will indicate whether Tonic Powder, or Tonic Drops, is best suited for convalescing treatment. In case of severe puncture a Surgeon may be needed, but above treatment is good preparation for such service.

Some medical writers speak of this disease lasting weeks, but I have never failed in reducing the "acute inflammation" inside of twenty-four hours with above treatment (very much depends upon the warm injections being retained long as possible, especially if it is practicable for the patient to lie on right side while receiving them), although two cases died after the inflammation was reduced "from the fatal injuries that incited the inflammation."

There is a form of "Chronic Inflammation of Stomach and Bowels" produced by vaccination and other means of inoculating the system with unknown poisons; pinching bowel by invisible Hernia; wearing truss (to retain visible Hernia) that inflames the "spermatic cord" until a form of dropsy called Hydrocele is developed; Pile tumors and other ulcers (connected with digestive organs) which poison blood that circulates through blood vessels of stomach and bowels. While several of these or similar disorders combine to foster **chronic inflammation of stomach and bowels,** such chronic inflammation cannot be eradicated out of a malnervous system, but every acute attack (to which such affected persons are liable) can be relieved by intelligent modifications of the "method" we have explained above, and very often full development can be prevented by such injections and timely doses of Aconux.

DYSENTERY.

Whatever may incite Dysentery, its seat is in the large intestines, and it is most common among persons who are inclined to costiveness. When it prevails in epidemic form is usually of diphtheritic nature. When incited by improper diet or influences that produce Common Cold, is catarrhal in its nature. When it is "incidental" in any specific disease that is active in the system it should be treated as part of that disease (see Characteristic Effects of Neutraline).

In all cases the distinctive symptoms which differentiate this disorder from other ailments are "frequent urgency to evacuate the bowels, painful straining at evacuation, small stools mingled with mucus or blood or both, especially if the stool be only a small quantity of bloody mucus."

TREATMENT.

Since the nature of "Epidemic Dysentery" depends somewhat upon its environment—i. e., damp, marshy or malarial atmosphere, unnecessary foulness of air in dwellings; also peculiar nervous weakness in some stages of teething children, and similar influences, and those conditions are liable to generate sufficient "typhus poison" to complicate such attacks. Careful study of the articles on Diphtheria and the different types of typhus diseases is necessary for comprehension of proper treatment of endemic or epidemic Dysentery. But following suggestions on

CATARRHAL DYSENTERY

Will help the Nurse in all cases:

When the "mucus membrane" that lines the rectum is inflamed by any influence that produces the condition called Common Cold, and any influence retards the flowing off of natural suppuration, that membrane begins to ulcerate and decay. Meanwhile the "sympathetic straining" to expell the irritating decayed matter out of the bowel bursts fine blood vessels, thus adding blood to the decayed matter that is evacuated. Moreover, if such conditions are allowed to

become chronic in scrofulous constitutions, ulcers may perforate all four coats of the bowel.

THEREFORE

In any case that is not under treatment for some specific disease—

1. Give three doses of Magic Pellets thirty minutes apart (letting them dissolve in the mouth). Meanwhile commence making distilled water, and soon as possible use injection of warm distilled water medicated with Ant-itis. A bedpan should be used, and the patient must lie in bed from time of attack until Dysentery is relieved, because any exertion causes unnecessary "straining and urgency to evacuate."

2. Follow the Magic Pellets with a dose of Neutraline in a tablespoonful of distilled water every thirty minutes until three doses are taken. Then increase intervals between doses to two hours, "and every third dose should be Aconux (instead of Neutraline)." Allow the patient to drink reasonable amount of distilled water between doses of medicine (to allay the thirst and fever). When needed the distilled water may be flavored with Fluid Extract of Beef, but no other kind of food or drink is allowable until the evacuations of bloody mucus with painful straining are relieved, unless the patient is a "nursing child," then it may be best for the child to nurse freely and the mother take same kind of medicine as the child. She must, of course, eat suitable food, but plenty of distilled water must be her only drink.

EXPLANATORY.

It is probable that the principal purpose of the large intestines (in humans) is to "generate heat" and germinate salutary bacteria," hence it is reasonable to suppose that when proper functions of large intestines are retarded, their "contents, and mucus lining" becomes prolific soil for "generation of typhus poison" and "germination of malign bacteria." Anywise, if all other drugs were withheld, distilled

water and Neutraline would check "evacuation of bloody mucus" in eight-tenths of cases.

But above explanations intimate that instead of Dysentery being a specific disease, it a "result" of retarded functions of large intestines. Hence, Aconux to encourage flow of congested blood away from seat of disorder, proper catarrhal suppuration, and to allay nervous irritation. Antitis (in injections) to cleanse foulness out of the bowels and prevent unnecessary excitement in the brain. Neutraline to neutralize malign bacteria and encourage proper secretions. With plenty of distilled water to facilitate all these operations, is reliable treatment for Dysentery, provided the Nurse is alert in watching for any need of Tonic Powder or Tonic Drops (see Characteristic Effects of those remedies).

In most cases above "method" will relieve Dysentery in a few hours. In epidemics, diphtheritic or typhus complications may cause the attack to last more than one day. The paragraphs marked 1 and 2 give directions for first day treatment, which may be continued indefinitely if doses are diminished to correspond with decline of strength of the patient.

During convalescence the Neutraline should be discontinued, but either of the other medicines mentioned may be needed at times.

In chronic cases if any needed medicine is not assimilated by the system, give two doses of Sulphur 6^{x}, then commence again with the needed remedy.

The "remarks on diet" in article on Worms apply equally well to prevention of this disorder. All persons who are old enough to understand such matters should form the habit of going to stool at a regular hour each day. If natural urgency to evacuate is not sufficient, rubbing the bowels, passing the hand from left to right across lower part, up right side, then across upper part and down over rectum on left side will cause an operation. But persons who live on proper diet and shun Common Cold have no need of artificial stimulation of bowels.

PILES.

This article refers to a disease that has its seat in the lower part of the rectum. It is caused by influences that "derange the functions of the large intestines until the veins of the rectum become unable to properly return the blood carried to that locality by arteries" (to enumerate all causes that "incite rectum Piles" would be a restatement of the influences that produce Malnervia, Inflammation of Stomach and Bowels, and Dysentery—this explains the tenacious nature of Piles after tumors get started on the mucus membrane with roots in the vascular membrane), this is manifested first by unnatural fullness of the veins; then by thickening of the mucus and vascular coats of that part of the bowel, and "tumors" whose development depends on the character of the blood that feeds them, and the constitutional dyscrasia of the patient. These tumors commence as polypous growths but finally become either suppurative or ulcerative.

Some cases have spells of "bleeding" which gives some temporary but no permanent relief.

SYMPTOMS.

At times, a portion of membrane does not return after evacuation; fatigue or lifting heavy things often cause protrusion of membrane. After tumors form, one or more may protrude during evacuation, and sometimes become so turgid with blood they cannot be returned; sometimes internal tumors become so turgid with blood they cause excruciating burning pain in those parts, and sympathetic nerve pains in general system especially in the back; as the disease progresses, gas is generated in the bowel and carries a "peculiar odor" from the suppurating or ulcerating tumors, which is offensive to patient and others.

TREATMENT.

The "constipation" that usually precedes the spells of aggravated turgidness of tumors, indicates special interruption of functions of large intestines, and is a warning land-

mark; therefore "everything" that fosters constipation should be shunned at all times, especially cathartic drugs (a prolific cause of Piles).

Whenever anything causes the lining of the bowel to remain protruded, dip a finger into Suffield's Pile Ointment, then press the protruded membrane into proper position. In cases where finger cannot be inserted, put Ointment into a Pile Tube, start the "membrane" with annointing finger, then push it into proper position, and exhaust sufficient Ointment before withdrawing the Tube (if Suffield's Pile Balls are more convenient and answer same purpose, they may be used instead of Ointment). When there is evidence that polypous growths, or tumors, are developing in the rectum, insert suitable Green Salve (see Characteristic Effects) into the rectum, with Pile Tube immediately after each evacuation, so long as seems best for constitution of the patient. Then use either Ointment or Balls until it seems best to return to use of Green Salve: When making such changes take a dose of Sulphur 6^x in morning followed by dose of Calcarea 6^x at bed time; also cleanse the bowels with copious injection of warm distilled water, instead of regular treatment on those days.

In all cases of Piles, when constipation gives warning "that an aggravated spell of turgidness of membranes and tumors is brewing" take Aconux each afternoon and evening (and Graham gruel supper) same as directed for breaking up a fresh Cold, until the turgescense is relieved, then follow with either Ointment, or Green Salve.

Above method of treatment will either prevent or cure Piles, if all influences that foster this disease are stopped (careless, scrofulous persons who have allowed Pile-tumors to get fully developed may need to have Surgeon destroy such tumors, and then follow with above treatment).

N. B.—Pile patients must not sit on damp or cold seat, and be as careful about exposure in "cold privy" or of getting fundament, or feet chilled; or of fostering Malnervia in any

manner, as if they had Chronic Diarrhœa. Furthermore, after a "Pile Tube" has been used for inserting either Green Salve, or the Ointment, it must never be used for the other, i. e. each Remedy must have its own special Tube.

INFLAMMATION OF KIDNEYS.

There are many forms of Kidney ailments (produced in in many cases by diseased condition of other organs) but all are the result of influences explained in preceding articles, and all the suggestions needed for proper domestic treatment are given in following article on

INFLAMMATION OF THE BLADDER.

In most cases this is caused by same influences that produce Malnervia, therefore acute cases should be treated in the manner described in the article on Common Cold and Catarrh. Then after that treatment has been continued until the true condition of the organ can be known, if "Rheumatism of the muscular coat of the bladder" is the principal cause of pain, it should be treated in the manner described in the article on Rheumatism.

In chronic cases of inflammation of the bladder it is a good plan to use the Common Cold treatment every time the person shows any evidence of "fresh Cold" and use the Rheumatism treatment (as constitutional treatment) between the periods of Common Cold treatment.

Those methods will either prevent, or relieve, all ordinary inflammations of kidneys, and bladder, if the influences that foster those ailments are shunned or stopped. Hence the articles on Cold & Catarrh, Rheumatism, Malnervia, and Characteristic Effects should be carefully studiedwhile treating these organs.

FUNCTIONS OF THE LIVER.

The liver is the largest gland in the body, is well supplied with nerves, lymphatic and blood vessels; it extracts certain kinds of material from the blood and converts them into a peculiar antiseptic (green) fluid called bile.

The process of making bile is continuous, but harmonious nerve action prevents flow of bile into the "duodenum" at same time that chyme is passing from stomach into that part of small intestine (because crude bile hinders first stage of digestion, and explains why persons who have no regular time for eating food, are more apt to be troubled with "indigestion" than others).

After the "bile" is properly mixed with other material that is stewing in remainder of small intestine, a suitable proportion passes with the chyle as a very salutary ingredient of the blood which carries it into all parts of the vascular system: thus such ingredients of the "vascular bile" as are needed in production of "crude bile" find their way back to the liver. Meanwhile all portions of bile that are not absorbed by blood vessels pass into large intestines with very salutary effect upon the contents of those organs.

Moreover besides antiseptic influence upon all material it comes in contact with, and its assistance in processes of converting food into sugar and sugar into tissue sustenance (see our explanation of **sacnutria** in article on Diabetese) normal influence of bile on "nerves" increases their action in peristaltic motions of bowels and blood vessels.

CONGESTION OF THE LIVER.

SYMPTOMS.

A Chill, followed by fever; more or less swelling in that part of the chest, with difficult breathing, and pain stretching towards right shoulder; headache; nausea, and vomiting of mucus or green matter; or there may be loose evacuations containing blood, or unnatural amount of bile.

TREATMENT.

If this derangement is caused by Heart trouble, Lung affections, Syphilitic disorders, Pleuritic effusions, or any other cause which the Nurse does not fully understand, a physician should have charge of the case.

If indulgence in food or drink, weak nerves, malaria, sudden check of perspiration or any other atmospheric influence be the cause of congestion, give dose of Aconux in tablespoonful of water every two hours, and use frequent injections of warm water medicated with ant-itis, until hands and face manifest natural moisture of skin.

Careful study of Characteristic Effects will be the best guide for remainder of treatment.

ACUTE INFLAMMATION OF THE LIVER.

SYMPTOMS.

A Chill or chilliness (not always noticed); burning and stitching pain in right side, which is increased by drawing breath, this pain reaches to bottom of breast bone, and strikes to right shoulder blade; sometimes there is numbness and tingling in right arm, and these sensations may reach to right lower limb; high fever; dryness of skin; intense thirst; constipation; right side is swollen and painful to touch; the patient cannot lie on that side, indicating that the seat of disease is on the convex (outer) side of the liver.*

TREATMENT.

The whole surface of the liver is covered by a fibrous coat—the side this treatment refers to has "serous coat" outside of the fibrous coat—inflammation of this serous coat (serous membrane) on right (outer) side of the liver, is proper subject for domestic treatment.

* An inflammation of the concave(inner) side of the liver is distinguished by deep seated painful pressure; yellow color of eyes and face; bitter taste; saffron-colored urine; the pain is increased by lying on left side, but alleviated by lying on the right side. These symptoms indicate that seat of the disease is in a dangerous locality, and needs frequent investigations by a well-informed Physician.

In the article on Pleuritis, we have explained the difference between inflammation of a mucus membrane and "inflammation of a serous membrane" and as inflammation of a serous membrane should be treated on same principle in all parts of the body, we advise the Nurse to treat this ailment in the manner we have suggested for Pleuritis.

JAUNDICE.

"In case the 'bile-duct' that conveys bile from the liver to the duodenum, is obstructed by external accident (such as we have cited in the article on Complicated Bruises), by gall stones, or other foreign substance, Nature has provided ways by which 'crude-bile' is conveyed directly into the vascular system. Thus 'green pigment' which should go into the large intestines, is distributed by the blood into the whole system, even into the most minute portions of tissue. Since such forcing of bile through 'provisional channels' does not prevent regular production of bile, and an ordinary (adult) liver produces about one pint of bile every twenty-four hours, it will be seen that continuation of such conditions would cause 'crude-bile' to change a white skin through all the shades of yellow to a green-black."

We call the "results" of such provisions for preventing destructive congestion of the Liver **incidental Jaundice.**

"But when swamp miasma, typhus, or other poisons, threaten destruction of live tissues, natural operations of the 'involuntary nervous system' close the 'bile-duct' thus forcing 'crude-bile' through the provisional channels into the vascular system as an 'antidotal agent' to combat those poisons. We call the result of such processes **antidotal Jaundice."**

Therefore, after we have discovered what, and where, the injury or disease is that necessitates any form or proportion of **Jaundice** "it is a suggestive symptom" as guide in selection of the proper remedy for the injury, or disease, which needs attention.

CHRONIC INFLAMMATION OF THE LIVER.

Is the technical, Liver Complaint the vulgar, and "Malnervous Liver" the most suggestive "name" for a disease which has no regular fever, but frequent sense of fullness in the region of the liver, and a host of changing symptoms which give the victim a melancholic malnervous, disposition and appearance.

We can remember when "a blue mass pill" at bedtime, was the standard "alleviation" for this complaint in many Illinois homes (especially where new farms were being opened in rich valleys adjacent to rivers), but we learned "that half dried sheep-gall, made into pills with wheat flour," gave us better satisfaction, without any danger of mercurial poisoning. Later we discovered following

TREATMENT FOR MALNERVOUS LIVER.

All aggravations of this disease commence with Common Cold condition: therefore, Common Cold treatment should be followed by three doses of Golden Powder, alternated with two doses of Ant-itis (each day) remainder of six days, and Sulphur 6^{x} in morning, and Calcarea 6^{x} at bedtime of seventh day. If further treatment is necessary for that aggravation, Characteristic Effects will show whether Tonic Powder, or Tonic Drops, are best suited to the case. The best constitutional treatment for this disease is "plenty of regular exercise in pure air (general housework in well ventilated home, is fine exercise for women) and shunning of all influences that produce Malnervia."

BILIOUS

Is a suggestive term "intimating that the 'bile' is not circulating through the system in regular manner." The most common causes are: Either "lack of sufficient nervous vitality to properly conduct functions of liver and vascular system," or excessive amount of proper food; improper food; lack of proper exercise; overwork (mental or physical) in malarial atmosphere, &c.

EXAMPLES.

(a) In springtime when all vegetable and animal nature is being adapted to change from cold of winter to heat of summer, if human diet is not intelligently changed to fit such circumstances, "such stupid person is liable to manifest bilious symptoms."

(b) Persons who have inherited Bilious constitution * are liable to have spells of headache, dizziness, constipation, coated tongue, bad taste in morning, dark or sallow complexion, and even vomit up bile any time of year.

The best remedy for example (a) is lighter and less heating food. The best preventive of example (b) is to shun everything that aggravates Malnervia.

This ailment needs Aconux first three days, with such interval between doses as seems best for each case. Characteristic Effects will suggest what is best for further treatment.

GENERAL REMARKS ON DERANGEMENTS OF THE LIVER.

1. If lack of proper material in the blood prevents the liver from making sufficient amount of bile—whether the fault be in the digestive organs or the kind of food—such hindrance to functions of liver should receive prompt attention.

2. When unnatural condition of any part of the body shows that bile is not being distributed in regular order, investigate until the true cause is discovered.

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* When a race of humans have remained in a "climate" so free from malarial poisons that very little "gall pigment" is needed in their vascular circulation, and any influence causes complete withdrawal of blood from the skin, such portion of skin is "white with very light tint of yellow"—when blood is returned, the skin has "combined tints" of yellow and pink, called Caucasian complexion (no healthy person can be perfectly white): hence Stanley reported that he found the blackest Africans in the malarial forests of the west coast—a lighter shade on the prairie of the east coast—and heard of a white tribe that had been banished to **mountains of the moon** in central Africa. But we understand **bilious constitution** to mean "a larger proportion of bile in the vascular system than is usual in persons of same race" showing that such person is more susceptible to influences that necessitate Jaundice, than a majority of the same race.

3. If there be evidence of Incidental Jaundice, use means that will "alleviate (or remove) obstruction of bile-duct."

4. If there be evidence of Antidotal Jaundice, use means that will "stop generation, or invasion, of poisons or diseases" that necessitate such irregular distribution of bile.

5. If there be evidence that "lack of sufficient nervous vitality" permits flow of bile into "duodenum" at same time that the stomach is pressing partially digested food into that organ, or if the nervous system does not close the bile-duct when "Antidotal Jaundice" is needed, or this irregular distribution of bile be continued beyond a salutary limit, every practical means should be used to increase vitality of nervous fluid.

6. Green-colored vomit is not always reliable symptom of seat of the ailment.

7. If any part of the liver is "inflamed," first discover whether the inflammation is catarrhal or pleuritic, then decide whether the case is fit subject for domestic treatment or needs a Physician (nearly all abscesses belong in the latter class).

DROPSY

Is a "condition of the system" in which circulation of the blood "leaves more water between tissues" than absorbent vessels take up. Therefore proper method of reducing Dropsy, in any part of the body, is "to discover what diseases are hindering proper absorption" and relieve the Dropsy by removing the cause. In most cases, "permitting such conditions" proves that more skillful service is needed.

AILMENTS OF THE HEART

Most generally result from "disordered" condition of some other part of the body. In such case the Nurse need not expect permanent relief from any treatment which does not include proper treatment of such disorder. Anywise, every person who has "Heart trouble" should be examined by a

skillful Physician, who will give correct information to the Nurse. Then the Nurse can decide as to case being fit subject for domestic treatment. If it is, then familiarity with use of our remedies in other ailments will be the best guide, even if the ailment is result of malformation or permanent injury of some part of the heart.

In the past, indulgence in luxuries, passions, and soothing drugs (by people who desire relief from present pain, regardless of consequences) has encouraged dishonest practitioners and druggists to use, or sell, drugs which give immediate relief from pain "by deadening the nerves that should report true conditions to the brain." And since a large proportion of deaths reported as "heart failure" have been caused by those pernicious drugs, ability to distinguish and shun such dangerous medication is necessary qualification of every Nurse.

GREEN SICKNESS

Is a suggestive name for unnatural condition of the blood, produced by "extraneous material which should pass off in menstruation."

It is manifested by pale, yellowish color of the skin (which is aggravated to greenish tint in some cases), accompanied by numberless symptoms "from deficient assimilation of food to melancholic insanity of mind." If it is caused by lack of pure air, proper exercise, suitable diet, &c., proper relief should be explained and enforced in patient, pleasant manner, because such girls are very sensitive, and a cheerful, hopeful state of mind is very essential help in regaining equilibrium of the whole system.

Since Cumulative Colds accompany all cases of Green Sickness, we suggest following medication: Commence treatment same as for breaking up Common Cold, and encourage catarrhal cleansing of all mucus membranes, using smallest doses of medicines that will answer the purpose. Continuation of this method will carry off much of the material which

should pass off in natural menstruation, and in most cases will enable natural functions to start operations.

N. B.—Since some girls commence "producing menstrual material" before they are twelve, and others do not commence until eighteen years old, if there is no malformation, or mechanical obstruction, perfect health of the whole system should be objective point of patient, but systematic treatment, after there is positive evidence that production of such material has commenced in the sexual organs.

AMENORHOEA

Is the technical name for "menstrual suppression" after the periodic flow has been established. Discontinuance of menstruation during pregnancy and lactation are not suppression, and care should be exercised that no mistake be made in diagnosis, lest miscarriage be produced by means intended to relieve the supposed suppression.

Whether it be noticed or not, the "cause" of suppression always produces "the nervous condition" of Common Cold; hence all suggestions for medical treatment of Green Sickness are proper for this ailment. And this is the proper place for us to state that woman is "refined man," with peculiar reproductive functions which make her more sensitive to nervous disorders than ordinary males, the "object of menstruation" being to keep those functions in the healthiest condition possible during the fertile period of her life. Hence every mother should be so informed that she can instruct her girls (from childhood to womanhood) how to take proper care of their general health; because if their general health is normal, any malformation or accidental injury will be easily detected. Otherwise perfect health insures proper menstruation.

ACUTE METRITIS.

The inside of both womb and vagina are lined with mucus membrane; a large portion of outside of womb is covered with serous membrane. Hence in Acute Metritis there is both catarrhal affection of the mucus membrane, and high fever from the inflammation of the whole organ. This may be caused by surgical operation, means used to prevent conception or produce abortion, laceration of neck of womb during labor, and similar injuries.

Unless the Nurse has experience from similar case, this dangerous disease needs skillful Physician.

FALLING OF WOMB.

Before impregnation the "womb" is a pear-shaped organ, about four inches in length. The neck is so connected with the "vagina" that it is the upper end of that cavity. The body of the womb is held in upright position "in a partition" of peritoneum, which extends from each side of womb to wall of the pelvis. This allows a healthy peritoneal partition to carry the womb forward against the bladder, or backward against the rectum, to fit circumstances. But if unhealthy laxity of this partition permits any pressure from upper organs to twist the partition until the womb falls into horizontal position with its large end against the bladder, that is called **Anteversion.** If the vagina "holds the neck of womb upright while its body is pressed to horizontal position," that is **Ante-flexion.** If similar means cause the womb to bend at the neck so that the body falls against the rectum, such position is called Retro-flexion, "but if the vagina permits complete horizontal position of womb," that is called Retroversion.

"The wings" of the above mentioned peritoneal partition (extending from womb to wall of pelvis) are called "the broad ligaments," and each ligament provides support for "fallopian tube" and "ovary." When laxity of the broad ligaments, or irresistible pressure of upper organs, cause the

neck of the womb to sink "unnatural depth into the vagina," that form of falling is called Prolapsus.*

A virgin may suffer ill health with apparent incurable constitutional weakness and irritation of nerves, even to insanity, from either Anteversion, Ante-flexion, Retroversion, Retro-flexion, or Prolapsus, without suspecting that such dispalacement of womb is the inciting cause of her ill health until experienced examiner investigates her case. And since these forms of "falling of womb" are accompanied by more or less chronic inflammation of that organ (Chronic Metritis) it simplifies the matter to explain treatment of all six ailments under the heading

CHRONIC METRITIS

Very small proportion of cases of Chronic Metritis are result of Acute Metritis. Furthermore, we use the term "exciting cause" when stating that lifting (ordinary weights) standing on feet when very weary, and similar means produce womb displacement, because either "deformity of body" or constitutional weakness of peritoneal partitions (which should retain internal organs in proper position) or both, are the consummating cause of nearly all chronic displacements of womb. If such view was not correct, the broad ligaments would return the "womb" and retain it in proper position, soon as any unreasonable means that forced it out of place were removed.

In the past, the preponderance of more or less degree of Venemalnervia among females has induced the women of civilized nations to dress in a manner which does not provide proper protection of genitals, in catarrhal climates. Hence we hear many young women boast that they are not troubled with bad colds (in head and lungs), while any experienced observer can see that they are never free from effects

* If womb continues sinking until the "vagina" is inverted by the womb, broad ligaments, fallopian tubes, ovaries, &c., falling into it, or passing through it: those dangerous forms of falling of the womb are called **Procidentia,** and are not fit subjects for Domestic practice.

of cumulative colds (in genitals) which derange their whole system. Furthermore, to prove virginity by shape of body, women have used various means to reduce "size of waist," thus educating men to admire that deformity. It is natural for woman to dress in manner that will make her person attractive to opposite sex, and women will not regain natural shape until Conite mothers train their sons to shun the company of all young women who have **wasp-shaped body.** Neither is it likely that girls will have genitals protected in healthy manner "except in families where parents do not propegate and foster Venemalnervia by sexual and dietetic indulgence."

Healthy "menstruation" is accompanied by congestion in the womb similar to congestion of Common Cold, but the cause is a natural function. Sometimes omission of blood function at proper time for menstruation necessitates the carrying off of extraneous matter in a catarrhal discharge. This is called **vicarious menstruation,** and may occur occasionally without detriment to general health, but woman should be as careful during every period of menstruation as if it was a dangerous Cold. Catarrhal discharge at any other time indicates either inflammation from Common Cold, &c., or that ulcers or other diseased conditions are producing the material discharged.*

Continuous Catarrhal flow most generally comes from inflammation of mucus membrane of vagina; unsteady flow comes from inside of womb, tenderness of the womb being most reliable symptom of inflammation of that organ.

Aconux and Elixir will be best for encouraging discharges, followed by either Belladonna or Ant-itis, for allaying inflammation of membranes, and Tonic Powder as constitutional treatment for whole system, when the other medicines are not needed. If constipation does not yield to proper diet, use Tonic Drops alternate weeks instead of Tonic Powder.

* Treatment of discharges from ulcers, and venereal diseases, is omitted from this article.

Although there are many times when "lying down" is the only relief from pain, an industrious disposition to perform any exercise or labor which will not increase the ailment is essential to permanent relief by increased circulation of blood and vitalizing of muscular tissues.

Stimulation with mild current of electricity from Suffield's Electrical appliances will be beneficial at times.

Keeping the vagina well cleansed with Ant-itis Lotion is essential, and suitable pad, or ball, of cotton wadding saturatated with Ant-itis, placed under or against mouth of the womb (when lying down) is beneficial in allaying soreness and inflammation.

Marriage for the purpose of satisfying perverted appetites and passions has placed many women in insane asylums; but if marriage is contracted for purpose of helping each other to overcome everything that would interfere with present health and future happiness, carefully conducted pregnancy (not too often) is helpful in relieving these forms of womb displacement. Flexion of the womb is frequent hindrance to conception, and Metritis is common cause of miscarriage, but observing following hints has relieved cases that would have been fatal if surgical means had been used.

All species of animal life have their peculiar style of courting. It is natural for woman to expect "adoring fondling by congenial mate" while her whole system is preparing for coition. When ready, should flex limbs until heels are near body, thus enabling her to raise hips higher than shoulders, causing small intestines to recede,* leaving space for free action of womb and its appendages. He should assist by

* Proper dieting while using any means for relief of Metritis, or displacement of womb, is very essential: especially if there be any hindrance to conception—from unhealthy discharges clogging the bent or twisted neck of the womb. Whole wheat flour and rice should be principal food; use of meats should be limited; eggs "drank in water" are much better than cooked; apples are best among fruits; potatoes are best among vegetables; distilled water should be the only drink (essence of lemon, or cocoa, make good flavors for such water). Moreover, after sufficient refreshing sleep "contents of intestines" are much diminished, and the nervous system is at best condition for vitalizing peritoneal partitions, and all appendages of the womb.

placing one hand under her hips. The cavity of the vagina is shorter than erected male organ, and he should be careful "to not touch mouth of the womb." When involuntary nerves hunger for conception "the broad ligaments" draw the womb upward, thus increasing length of vagina, and causing those peritoneal partitions to assume tense upright position, thus permitting a flexed womb to return to normal shape and position. If those natural changes occur (although she may not understand those provisions of nature) she will be apt to remark "that there is no danger of causing pain." If anything hinders consummation of the act in such manner, and pain causes her to drop away from him, he should not enter her bed again until she has reasons for believing that they will copulate without pain.

In cases where "flexion of womb" has caused Green Sickness in girlhood, followed by irregular menstruation, with unsteady vicid discharges (between menstrual periods), obstructing entrance of spermatozoa, conception is very uncertain, but every intercourse should be as carefully and cheerfully conducted as if they were sure that was "the time."

I have known cases that while using old-style medication and indulging their desires as to time of copulation, succeeded in becoming pregnant by proper dieting and hip elevation, but "weakness of fetal life" and "Metritis" preventing carriage to "full time," the resulting weaklings died in early infancy. Then after adopting Homœopathic medication, and proper time for copulation, with intelligent living, succeeded in carrying fetus to "full time" and becoming grand-parent.

RÉSUMÉ.

1. Conception should be attained without fear of pain.

2. The whole system should be in such condition that every time copulation causes nervous tension of appendages of the womb, those appendages will gain strength with increasing disposition to remain in proper position.

3. Since development of fetus impels the womb to straighten while being pressed upward in abdomen, and pregnancy is the best time in life to overcome inherited weakness, the general health should be so improved that after delivery there may be normal contraction and retention of womb in proper position.

MISCARRIAGE.

Some writers have used the term "abortion" to denote destruction of product of conception any time before Quickening * is experienced by a pregnant woman; hence some people have supposed that "intentional abortion" was not murder. But since the life of every human commences when an impregnated ovum is received into the womb, intentional destruction of that life for any other purpose than "to save life of the mother" must be criminal murder. Therefore we use the term **miscarriage** to denote "failure to carry product of conception until it can live outside of the womb," and **" premature delivery** to denote delivery of living child before "full time," which is usually between 273 days (nine calendar months) and 280 days (ten lunar months).

It is known that conception cannot occur until after "spermatozoa from testes of male" is received into the womb, but since construction of fallopian tubes will not allow any substance to pass upward, just how the impregnation principle of spermatozoa finds its way to a maturing ovum (egg) in the ovary is an unsettled question. Anywise, "the resulting embryo is discharged through a fallopian tube back into the womb," this whole process requiring about ten days of time. Meanwhile a "natural congestion of the mucus membrane" in the womb has been preparing a suitable bed for this embryonic human. Some Physicians believe that unimpregnated eggs are discharged from the ovaries about once a month from puberty (except when

* The sensation of Quickening, is experienced when the womb rises out of the pelvic into the abdominal cavity, which may occur in the tenth week, or not be noticed until the twentieth week (sixteenth week being average time)—this sensation of the Mother indicating that the fetus has become sufficiently developed to need more room.

repressed by pregnancy or other means) until time of child-bearing is passed, and that operations of involuntary system somewhat similar to process of preparing the womb for reception of an embryo cause "menstruation" to facilitate discharge of those eggs. But I have seen a woman that was remarkably healthy and regular (and did not desire conception after death of first child, caused by scrofula of husband), who claimed that a small clot of blood, which she called "the egg," passed from her about the sixteenth day after each menstruation, and that from passage of that egg until short time before next menstruation began she had free intercourse with husband without any fear of conception.*

So all we know about menstruation, is "that nature provided ample means to cleanse woman's system—prepare it to receive healthy spermatozoa" and develop a live healthy human: and that from time when her system prepares for the "act" which results in conception, until delivery, her whole system is more susceptible to either beneficial or malign influences than at any other period of womanhood: hence if there are latant germs of constitutional disease in her system, they will be more easily awakened than at any other time, while "proper means" for overcoming such latant germs, or ill health of body, will be more efficacious than at other times.

SYMPTOMS OF THREATENED MISCARRIAGE.

A bearing down sensation in region of the womb which gradually increases to labor pains in the loins; these pains usually set in with creeping chills followed by slight fever. A slight discharge of blood is most reliable symptom. Anywise when there is any indication of Miscarriage, the patient must remain in bed, be quiet, and not allow any fear of consequences to disturb her mind, because "fear" has as much influence in consumating Miscarriage, as it has in the break-down of nerves that so often incite attack of Cholera during epidemic of that disease.

* It is my impression "that such period of immunity from conception" was woman's natural condition until forfeited by inherited Venemalnervia.

Developed case of this uncertain ailment is not fit subject for Domestic Practice; but some hints on treatment of constitutional disabilities may prevent Miscarriage.

The regular dose of our medicines is planned for man of ordinary constitution; some women in ordinary diseases need same dose; others with more sensitive systems will receive more benefit from smaller dose.

In all cases of pregnancy, the dose of any drug should be attenuated as much as for child one month old; and for reducing chronic disorders, the higher the attenuation (that will have any effect on the system) the better; moreover, everything that will aggravate Malnervia, or produce Common Cold, should be shunned: and every Mother should be so informed of her "constitutional peculiarities" and the use of remedies described in this book, that she can assist nature in purifying her system, and building up health of herself and offspring.

VENEMALNERVIA.

The time has come when boys and girls should know that the most essential part of their education "is to learn how to control both mind and body," therefore the "names" of nervous derangements which hinder their development, should suggest the generic principle of those maladies.

Nymphomania does not give a boy correct idea of a weakness common to both sexes: hence we are justified in adding Vene (as abbreviation of veneral) to the general term "malnervia" to designate "unnatural sexual passion."

Among females, Physicians recognize three periods in this unsoundness of mind.

FIRST PERIOD.

In most cases Venemalnervia is inherited, and in childhood many such girls will ask boy playmates of same age to "play puppy" with them whenever opportunity occurs. Later they are more or less magnetized in the presence of venemalnervous boys; are passionately fond of amorous

literature, and will even feign sickness to make excuse for staying in their room to read improper fiction—but invitation to attend any entertainment where they can be among young people of both sexes causes them to forget all sickness until next day; continued amorous thoughts hasten menstruation, then the whole aim of their life is to get married soon as circumstances will permit (with little relish for work or study that would prepare them for such position).

SECOND PERIOD.

No matter how indulgent her husband, how luxurious her home, how beautiful her children, she longs to embrace the husbands of other women. If no Mother has watched and shielded and led the venemalnervous girl into matrimony, she abandons herself to this passion; is continually talking about amorous enjoyment; loses all sense of modesty; invites any man who approaches her; when "malnervous torpidness of nerves" would permit respite from her mania, she desires stimulating diet or any other means she can think of to keep up unnatural sexual excitement.

THIRD PERIOD.

She invites the first man she meets, throws herself upon him, trys to excite him by words and improper attitudes, and if he resists, she becomes raving, tears and strikes whatever is within her reach; nothing but confinement in some kind of asylum can keep her out of "den of infamy."

THOSE AGGRAVATED CONDITIONS

May be acquired by improper diet and training in girlhood; improper treatment of other diseases in womanhood; prefering prostitution to honest occupation for livelihood; use of alcoholic beverages or other narcotics; abuse of brutal husbands, &c., &c.

Among males, inherited venemalnervia is not manifested in small boys unless they are allowed to play with venemalnervous girls who initiate them into the "make-believe of puppyism." Then silly young women who are attracted

by the magnetism of the **nice boy,** enjoy having him play with them, until an unexpected emission of spermatozoa makes trouble in respectable families: when shunned by that class of women, if he has been trained to abhor public prostitution, he is apt to practice self-pollution, and soon becomes a physical wreck; if he has no religious scruples trys to seduce girls. When old enough, he finds a **Chippy** who earns her board and clothing in some occupation, and is willing to practice fornication with him to pay for her share of theatre tickets, candies, drinks, &c. But if he has no relish of society of such woman, he visits "clandestine prostitutes" who profess to be respectable seekers of respectable customers. When he desires comforts of a home (although confirmed cases of Venemalnervia never experience genuine love) he finds a woman who supposes "that her charms, and tactable feeding of the brute" will satisfy all his appetites and passions. But when her failing health proves the fallacy of such means, he visits "regular dens of prostitution," and sooner or later (in spite of his supposed ability to distinguish diseased women, and rules of such establishments) brings Syphilis home to his wife. Then Physicians prescribe palliatives which smother some external symptoms: but their children will be born with "inherited Syphilitic constitutions"—thus he goes on causing wretchedness, to himself and others, until gehennal death obliterates his body and spirit (see explanations of "diagram" on page 49).

Similar aggravations of Venemalnervia can be acquired through use of Tobacco, Cannabis sativa, and similar drugs, unwise education, and indulgent living.

This "disorder" has produced more criminals than all other influences combined—and "social problems" that have baffled the wisest statesmen of all past ages; it has so impregnated the nervous systems of all peoples, that no persons born in the nineteenth century have been entirely free from its delusive influence; and drug medication cannot give permanent relief.

Since Christian religion is the only remedy for this weakness of mind and character, investigation of religious status of peoples, helps solution of this problem. The Hebrew Theocracy demanded "circumcision of all males" for two reasons: (1) It was supposed that removal of the "prepuce" would be helpful in preventing Venemalnervous Hebrew men, from transmitting Syphilis from Cainite women to Hebrew women. (2) Shedding of blood in the ceremony of circumcision, foreshowed the coming of a Messiah (Christ) who could immune his church (all Conites) from Venemalnervia.

When the Hebrew Christian Society of Jerusalem "learned that some of their Society were trying to convince the Gentile Christian Society of Antioch, that it was necessary for them to observe the ritualism of the Mosaic law, before they could become true followers of the risen Messiah (Christ)," Peter made a speech in which he affirmed "that since the Holy Spirit had not recognized any difference between Jew and Gentile, it was not reasonable to expect the Gentiles to succeed in observing rules which the Jewish nation had not honestly observed." Then following suggestion of James, that Society sent a letter to the Antioch Society, stating that it was the belief of the Jerusalem Society "that if they would not bar Jews out of their Society 'by eating blood,' and would require all persons who joined their Society 'to abstain from fornication' they would be doing very well." Thus intimating that persons who could observe those two rules, would be started on the path that leads into heaven. The second chapter of John's Revelations represents the risen Christ giving same advice to the Christian Society of Thyatira "with intimation that the time would come, when he would produce conditions which would enable them to observe all the requirements of his Gospel." Such was the "principle and practice of Catholicism" permitted as a steppingstone between Theocratic and Millennial epochs. Each epochal change is distinguished by its own peculiar necessity. "In this case (in this country) the tendancy of

last twenty-five years, for professors of Christian religion, to raise children in such indulgent manner that they are unfitted for any honest relation; and then hire Evangelistic spell-binders to draw 'all who may be lassoed in such manner' into religious societies which are such a mix-up of character, that their minister are required to conduct all ministrations in such manner that no offense will be given to either John or Judas."

"A prominent educator (recognized as a minister of the Gospel), serving as teacher of summer class of University of Chicago, **advocating licensing of fornication*** (to please rum-ruled political machines, that were using every available means to convince American voters, that saloons and brothels are necessary in armies and cities), when it was well known that instead of checking spread of Syphilis, licensing public prostitutes does not decrease amount of disease from that class; and does increase number of clandestine prostitutes who prefer suffering in secret, and spreading increasing amount of Syphilis, to risking detection through employing reputable Physicians."

"An 'article' in The Journal of the American Medical Association, asserting that 'no religion, or method of training young people' has capacity to prevent fornication; and that

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* Certified statement in Rev. E. B. Andrews' address to students of University of Chicago, August 15, 1902: (Copied from New Voice of August 21, 1902.) "In Paris the social vice is regulated by the government which requires that all objectionable women be brought before an official board. They are passed upon by this board as to their physical soundness, and given certificates. Women not having these certificates are imprisoned. The government lays down certain laws in Paris and the result is that the evil of the social vice is made less than it is in cities and countries where this regulation system does not prevail.

"Of course people make a loud objection that this method of government regulation implies recognition and a kind of legal sanction. They say that it raises this wicked work to the level of a legitimate profession and tends to make it a kind of honorable occupation. The people who framed such laws had no intention of legalizing social vice. They see that they can palliate the evil in this manner. The complete eradication of the social vice evil will require years and years of gradual growth economically and morally, and until this time comes we shall be obliged to use palliatives.

"To a large extent the State is under an obligation to protect the innocent. This can be done by passing laws regulating vice and appointing boards which shall see that the regulations are enforced. This legal regulation of the traffic does not raise it to the level of an industry."

'circumcision of all males' is the only means that can prevent spread of Syphilis."*

"The most prominent temperance worker in this nation, 'stating in Exposition of Sunday School Lesson,' that the present traffic in alcoholic beverages, is as legal as a Sunday school."†

These are some of the evidences that "Catholicism has evolved necessity for its own obliteration," referred to in John's oriental imagery of its total destruction, in figure of **adulterous woman** (Rev. 17, 18); moreover, **coincidental revelation of composition and office of conscience,** proves that the **Millennial Period** (in which Christ requires all regenerated souls on earth, to be married to him in communion of conscience—Rev. 19) has commenced in this country.

Conscience enables Conites to recognize true status of the sexes, viz., man should **maintain** and **protect** the home and nation; woman should be **queen** of the home, and **guardian** of health and morals of the nation (if man neglects those two duties, he becomes a vassal of other men or nation). Through women not being properly qualified "to rule the home, and guard health and morals" in the past, all humans have suffered from ignorance, or vice, or disease.

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* The stupidity of depending upon circumcision for immunity from Syphilis (at present time) is manifested in the fact, that no intelligent Mother dares to let a syphilitic person kiss her child. Moreover, if such immunity from Syphilis was possible for men, what effect would it have in debasing man, and destroying woman.

† "Since the characteristics of a Republic are, (1) a Constitution to define duties and privileges of citizens; (2) Legislative Departments to formulate laws for development and protection of the nation; (3) Supreme Court to decide legality of any formulated law; (4) Executive Departments to enforce all legal laws: and 'casting a ballot in favor of selling lynch-law-license to rob women and children of necessary sustenance, murder unsane persons, debauch our boys and prostitute our girls, makes such voter thief, murderer, and whoremonger (and smothers conscience); and the Constitution of this Republic declares that **no citizen shall be deprived of life, liberty or property,** without due process of law; and the Supreme Court has decided, that **no citizen has inherent right to conduct a business which destroys so much life, and produces so much crime,** that **this government cannot conduct such business, neither can it give right to any citizen to conduct such business:** how can a popular vote 'legalize crimes' which are forbidden by the Constitution, and condemned by the Supreme Court (see U. S. Supreme Court decision of Dec. 5, 1887; California vs. Christensen, 1890; Stone vs. Mississippi, and other decisions on same subject)."

One characteristic of woman, is "inherent right, and inducing power" to gain and hold **human worship.** Women of ordinary soundness of mind are content with worship of their own family, but Malnervomaniacs are liable to prostitute all prerogatives of sex, to selfish ambition or indulgence.

Political governments are organized for "protection of citizens" from foreign influence, and brutality of each other: hence, there is no more necessity for women exercising **protective franchise,** than for serving as **national soldier,** or **municipal policeman:** but that does not disqualify woman from performing duties of any office or occupation, suited to her sex and circumstances.

Conscience in the home;

Conscience in business;

Conscience in politics;

Draws an inevitable line between Conites and Cainites, which leaves no middleground for Catholicism: hence, Conites will develop nervous vitality, and grow in divine wisdom, until they will be the **controlling element** of all nations, as predicted in Rev. 2:24–28. Meanwhile Cainites will continue seeking palliatives for pain produced by violation of natural laws, until their rebellion and vices consume them, as predicted in Rev. 2:20–23.

PROPER MARRIAGE WILL PREVENT VENEMALNERVIA.

This opens the question as to what constitutes proper marriage. In the past "sexual intercourse" has been considered the chief object of marriage (influence of home, and propagation of children, only incidentals); hence, Venemalnervia has been the predominating influence in selection of mates: causing formal marriage contract between many persons who had no affinity except perverted passions—the excuse being "that humans are the only animals which do not have natural rutting seasons." Sacred history teaches that it has been the divine plan "for Christ's church to hold the relation

of 'affianced bride' until mankind should be so developed that each individual could be intelligently married to Christ in communion of free conscience." Now, while conscience is revealing its functions to all nations "and the secret of happiness in married life, is for both to have same opinion concerning right or wrong of any matter they have to deal with," conscience (instead of Venemalnervia) will be the guiding influence (of all Conites) in selection of mates. Such humans married to Christ in communion of conscience, and married to each other in legal contract, will not desire to do anything that will injure each other or their unborn offspring; therefore, they will so control their own thoughts and acts that their children will not inherit any form of Malnervia. Such condition of society will produce women who will know when to permit sexual embrace, and how to conduct homes, so that their families will shun all forms of disease. Meanwhile we offer some hints that will assist attainment of millennial ideals.

"Men should not use any means to excite emission of spermatozoa before they are twenty-five years old—and then for no other purpose than to fulfil proper duty to their wife."

"Women should not accept any form of courtship before they are twenty years old; and if they can put off marriage until they are twenty-four, will be better fitted for duties and responsibilities of that position."

"Opposite sexes should not sleep in same bed after they are four years old: and every married woman should be sole owner of her bed—and understand that no one has inherent right to enter that bed without her permission."

"During (natural) fertile periods of her life, woman produces regular supply of ovum each month, which pass out of her system in natural manner(when not used in conception). Man's vessels do not produce spermatozoa until excited by some external means, or by habit of being used at certain period of week or month, or by amorous thoughts: therefore, the wife should inform her husband that he may visit her bed

sometime before his system needs to prepare for the act; and if anything should change her plans, she should inform him in time to prevent unnecessary disappointment and pain."

"Since the medical profession have not discovered any means by which man and woman can have sexual intercourse during fertile periods without liability of conception 'that do not produce permanent injury to parent and offspring,' and sexual intercourse every week is no more essential to human happiness than use of coffee, tobacco, or whiskey. Women whose sexual organs are so deranged that they cannot have sexual intercourse part of each month without liability to conception should not permit intercourse 'during fertile periods' for any other purpose than conception. The first quarter of normal human life is the time for attaining knowledge and physical power. During first twenty-five years of marriage, they need every particle of nervous vitality they can muster to fulfill their part in activities of life: and couples who waste vitality 'during woman's fertile age' are paying too dear for their whistle, and failing in obligations to offspring (such weakness of character is mother of slum elements of all nations). Therefore, there must be radical change in the literature of our homes, and schools, on this subject."

HOW TO BE JUST TO CAINITES WITHOUT ENDANGERING OUR OWN FAMILIES.

"The first disobedience of man (Gen. 3) proved the necessity of 'free conscience' to save humans from violation of either physical or moral law. (Believing that 'evolution' has been necessary in therapeutics, and theology, does not indicate that Conites accept the 'infidel idea' of man being evolved from a monkey.) Accepting the Pagan idea of conscience, caused writers of the Hebrew Bible and Catholic New Testament to represent Jehovah 'as a God of vengence': hence Catholic theologians have considered 'fear' more potent in protection of society than free conscience; Millennial Revelations teach, that 'removing temptation,' instead of revengeful treatment of unsane persons 'is the ideal of

millennial civilization'* and that 'free conscience of parents in successive generations' is the only reliable protection of home and nation."

"Recognizing Cainites 'as proper mates for marriage' destroyed the identity of the first tribe of Conites (see page 5) and is having same effect on the Catholic Christian Societies of present time: this shows where the 'social line' must be drawn."

"So far as practicable, Conites should gather into communities where they can control the schools their children attend, and the sanitary conditions of homes, and manufacturing plants, they live and work in."

"Conites should stop voting for Cainites to hold office (every voter has inherent right to cast a 'blank ballot' if no candidate is nominated, that he should vote for)—this shows where the 'political line' should be drawn."

"Every decent person should be welcome to attend Conite religious services; and have the privilege of signing the Trolley Pledge and developing into a Conite (if regenerated) but that does not entitle them to any social privileges in Conite families: honest explanation of this line will not offend any well-meaning person, because Conite Christian Societies 'are not Social Societies' and no Conite family can claim inherent social privileges in any other Conite family—this enables all grades and races of peoples 'to worship Jehovah in Conite Temples' and educate their children in same schools."

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* The State has inherent right to abolish any "nuisance" which injures health, or tempts humans to commit crime—and destroy, or confine, incorrigible criminals (not in a spirit of revenge, but as protection of the nation).

CHARACTERISTIC EFFECTS

(of remedies recommended in this book).

Comparison of properties of Aconux, and Belladonna, helps the mind to comprehend character of both remedies. Suffield's Belladonna is prepared from the entire fresh plant, gathered when coming into flower, chopped and pounded to a fine pulp, then enclosed in a piece of new linen and submitted to pressure. The expressed juice is mingled by brisk agitation with equal weight of pure 90 per cent alcohol. This mixture is allowed to stand eight days in a well-stoppered bottle, in a dark, cool place, and then filtered. Thus the drug power of this Mother Tincture, marked θ is one-half. Two parts of this Mother Tincture and eight parts of dilute alcohol (i. e., equal parts by measure of distilled water, and 90 per cent alcohol) are placed in a bottle—with index finger on the cork, and bottle held by thumb and other fingers: the right forearm is raised with outward angle of forty-five degrees, then brought down with brisk stroke, striking bottom of bottle against open palm of left hand. Ten repetitions of such stroke is designated by the term "shake" (such "shake" agitation is demanded when each constituent is added to any combination of liquid drugs, and also before any of our liquid remedies are dropped from the bottle*) this attenuation is marked 1^x. One part of first attenuation and nine parts of dilute alcohol, mingled by "shake" is marked 2^x. One part of second attenuation and nine parts of dilute alcohol, mingled by "shake" is marked 3^x. If this process of attenuating any drug is continued "over thirty times" the product of such attenuations are called "high potencies." I saw an illustration of use of such potency while running our Pharmacy at Charlevoix, Michigan. The young Homœopathic Physician had become noted for his universal success with Puerperal Fever patients, when a case (with apparent strong

* To drop liquid from a bottle: hold the bottle with right thumb and fingers, place shortest side of small end of cork against lowest rim of the bottle, "making very slight dam in the neck, and compelling the liquid to drop from lowest edge of the cork." Thus any ordinary Nurse can drop any desired number of drops, without failure to stop flow when desired.

constitution) came to an unexpected stand-still. It happened that the Professor of Homœopathic therapeutics, at Ann Arbor, was boarding at same hotel of our noted summer resort. When said Physician asked for assistance the Professor said, "Young man, I came here to rest." "But," pleaded the Physician, "this is my first failure and not only my own reputation, but honor of our School of Medicine 'in this section of the state' is at stake in this case." Then the Professor said, "I will go with you and see the case at noon." After examining the case, the Professor asked, "What was you giving this woman when her disease came to this stand-still?" The Physician minutely stated his reasons for giving Belledonna 3^{x}, adding "that he did not know of any other drug which covered all the symptoms of this particular case so completely." The Professor said, "Your reasoning is correct—but the third attenuation of Belladonna is not homeopathic to the present condition of this woman's system, and if it were my case, I would give 'high potency' of Belladonna." The perplexed Physician said, "Neither myself, nor Suffield, have been keeping anything higher than thirtieth attenuations, and there is not a "high potency' in this town. The Professor smiled, as he drew from an inside pocket a small case of 'high potencies' and asked the Nurse for glass, spoon, and fresh water. After rinsing the glass, he put in two tablespoonfuls of water and three drops of high potency of Belladonna, stirred it thoroughly, then gave one tablespoonful to the woman, saying to the Nurse, "Give the patient every possible opportunity for rest until this hour tomorrow, when I will come back to see what effect this one dose has on her system. Next noon, it was evident to all, that the woman was well started on the road to a fine recovery: so the Professor gave the Physician enough of his "high potency of Belladonna" for one dose each day so long as required.

No water is used in preparing regular attenuations after 1^{x}, on account of the convenience of medicating "sugar Pellets, or Disks," because sugar does not dissolve in 90 per cent

coh ol; therefore we connect our name with our Belladonna 3^x "which is prepared with dilute alcohol, to fit proper proportion of alcohol which is essential in ingredients of Ant-itis."

The 30^x Trituration of Nux Vomica, which we recommend for Indigestion, Sleeplessness, Nervous Prostration, and similar ailments "when the system will not assimilate lower attenuations," is prepared by grinding the dry seeds to a fine powder, then one part of this Nux Vomica powder and nine parts of Sugar of Milk, are mixed and ground in "power mortar" at least two hours, and the product of this mortar placed in bottle marked 1^x. One part of first attenuation and nine parts of Sugar of Milk is mixed and ground two hours, and product of this mortar placed in bottle marked 2^x. One part of second attenuation and nine parts of Sugar of Milk is mixed and ground two hours, and product of this mortar placed in bottle marked 3^x. Homœopathic Manufacturing Pharmacies can continue this process through thirty mortars; but 3^x, 6^x, 12^x and 30^x, are the attenuations most commonly used by Physicians.

Although I still believe that the 30^x attenuation of Belladonna would have answered the purpose in the Charlevoix case, just as well as the Professor's "high potency" my own previous experience with Nux Vomica 30^x caused me to note that case while studying the philosophy of such medicinal influence.

In 1878 while managing the "law suit" referred to in Introduction of Composition and Office of Conscience, I put all necessary information into the lawyers' hands about a week before day of trial. Then knowing that my work was finished, my nervous system broke down. After three sleepless nights, with increasing sensation of "needles picking through the skull into my brain" I told my brother that I would die with "brain fever" unless I went home so that my wife could nurse me out of the impending danger. He said that to desert the "law case" at that critical stage would give people

the impression that I had given up—that the case would peter-out, with cost of a one thousand dollar law suit, and no benefit from it. I said "when the written statements which I have put in the lawyers' hands are corroborated by the forty witnesses which are about equally divided in the case" that will win the suit—but get me to the city one hour before train-time, and if your family Physician says it is safe for me to stay here, I will come back. When I stated my case to Dr. Taylor, he asked, "Have you tried Nux Vomica?" I said "I have taken a dose of Nux Vomica 3^{x} each bedtime," but my system has not assimilated any of its properties. Then he gave me some "powders" of Nux Vomica 30^{x}, and said, "Take a powder at regular bedtime—if that causes you to sleep" there will be no need of you going home, to shun brain fever. That night my sleep was more restful than any I had enjoyed for two months, and those powders produced the same result each night until day of trial: when although too weak to take active part in conversation or business, was able to be present and watch others go through the program my conscience had mapped out; and the satisfaction of complete success put such tone into my nervous system, that when I did reach home later, was in fair shape for ordinary business.

We present those two cases, to illustrate the fact that it is possible to administer a needed drug in such manner that it will not be either allopathic or homœopathic to the nervous system at that particular time (and thus be a neutral element while passing through digestive organs). In such instance, too many practitioners try other drugs, instead of investigating the patient's constitution and nervous condition "to learn what attenuation of the needed remedy will fit present conditions." Hence in combining our Domestic Remedies, we aim to use lowest attenuation that will be suitable for ordinary adults, trusting that Nurses will reduce doses with water to fit all other persons, i. e., one drop of medicine may be combined with any desired spoonfuls of water,and all surplus doses thrown out before the solution becomes stale.

FORMULA OF ACONUX.*

Distilled water, 1 fl. ounce,
Mercury Viv. 6^x, 16 grains,
Let stand twenty-four hours, then add
Aconite nap. 2^x, 4 fl. drachms,
Nux Vomica 3^x, 1 " "
Ipecac 6^x, 3 " "

Dose for ordinary adult, one drop in spoonful of water.

In most cases Aconite is the predominating ingredient on account of its peculiar action on the condition called Common Cold, which is a congestion of some particular part of the system, through lack of sufficient nervous vitality to resist the exciting cause of the "congestion" which is manifested (1) in constriction of blood vessels causing chilliness; (2) superabundance of blood, caused by inability of veins to draw "blood" out of that part at same rate arteries are forcing it in. In such case proper doses of Aconite softens the "tissues" of the veins (and their surroundings) thus "hastening the ailment into the sweating stage" which lessens the amount of inflammation and suppuration which would be necessary if nature was not aided by Aconite (whenever Aconite produces such result, it has done its proper work and should be discontinued for such length of time as seems best).

No matter how poisonous the dose of Aconite taken into the system "it never destroys tissues"; furthermore, Aconite is not so cumulative as most drugs; a proper dose usually commences to manifest effects in twenty minutes, and the drug symptoms of such dose subside in about ninety minutes; hence we can give this drug in lower attenuations, and oftener than other drugs of same strength, without producing permanent injury.

Nux Vomica affects "directly" the spinal marrow, thus indirectly affecting nearly all of the nervous system; and is much more effective at same time that Aconite is softening tissues which were pinching and crippling nerves. It is also

known that Nux Vomica manifests its effects more readily on paralyzed muscles, than on normal tissues. Nux Vomica antidotes (or counteracts) constitutional effects of coffee, tobacco, alcohol, and similar narcotics which in the form of "Malnervia" aggravate nearly all ailments of present generations. Nux Vomica is to some extent destructive of tissues, in poisonous doses; and the higher the attenuation "that will answer the purpose" the more beneficial its results, therefore we advise Nurses to keep a supply of Nux Vomica 30^{x} on hand, for special cases and purposes.

The Mercury Viv. 8^{x} (of this combination) is supplimentary to both ingredients noticed above "through its peculiar stimulating effects on the liver, and intestines."

The Ipecac 6^{x} assists the system to assimilate necessary properties of Aconux.

MAGIC PELLETS.*

Contain same proportions of Aconite, Nux Vomica, and Ipecac, as Aconux, and are put in such form for persons who need to carry something in the pocket "to nip in the bud, Common Cold, Colic, &c.," while engaged in usual occupations; also for families that are prejudiced against use of any form of Mercury for anything but dangerous diseases.

SUFFIELD'S BELLADONNA

Is usually classed as "narcotic, in poisonous doses" and "cerebral stimulant, in homœopathic doses." It affects more especially skin, membranes, glands, and nerves. Is very useful in preventing "effusion, or deposit" from congestion in head, or other organs that have "closed sacs," but does not stop "decomposition of blood, or tissues" unless alternated, or combined, with Carbolic Acid, Arsenicum, Bryonia alba, Baptisia tinctoria, or similar drugs. Effects of homœopathic dose may last three days, if not overpowered by Camphor, Coffee, or other antidotal influences.

Aconux, is indicated in ailments which should have "catarrhal flowing off from mucus membranes" hastened; and "muscular tissues, that constrict nerves" softened, so long as there is dry skin, with restlessness.

Belladonna, is indicated when "inflammation of serous membranes" should be allayed, before suppuration, effusion, or any form of deposit occurs, regardless of moisture of skin, paleness or redness of face; because it has sufficient nerve stimulating, and membrane softening properties, to allay inflammation of such membranes, if administered in proper manner at proper time, and not hindered by septic, or anti-dotal influences. Hence the necessity in many cases, of the combination called

SUFFIELD'S ANT-ITIS,*

Prepared in following manner: "Fill a new four-ounce bottle, one-fourth full of pure Glycerine; add four drops of pure Carbolic Acid; mingle with twenty strokes; then add sufficient Glycerine to fill bottle one-half full, and mingle as before; then fill up bottle with Suffield's Belladonna 3^x and mingle with twenty strokes. Dose, for adult: one drop in spoonful of water.

Thus such dose contains one half drop of Belladonna 3^x and one-half drop of Carbolic Acid 3^x—the "menstrum" being one part distilled water, one part alcohol, and two parts glycerine. The uses of this combination are described in the articles on diseases, in which it is demonstrated that Carbolic Acid (which seems to be a combination of Arsenic and Creosote) and Belladonna, suppliment each other in a wide range of inflamitory conditions. If Ant-itis is properly used in cases liable to Puerperal Fever, it is not likely that the "nervous system" will get into such condition that ordinary attenuations cannot be assimilated. Nevertheless we advise every Nurse to keep Belladonna 30^x on hand for special cases and purposes, especially when membranes of brain are affected in pregnant women, or young children.

TONIC DROPS,* AND TONIC POWDER.*

When "Typhus" is suddenly manifested with fetid odor, and bilious symptoms which indicate torpidness of the liver, three one-drop doses of Baptisia 1^x two hours apart, have prevented a regular course of Typhus fever. But such cases are exceptional, because most generally there are symptoms of generation of typhus poison and resulting breaking down of nerves sometime before the whole system is overpowered: in such cases Bryonia has been very helpful in checking generation of typhus poison when the patient has been separated from the influences which were inciting generation of such poison; therefore we conceived the idea of combining Baptisia with Bryonia "for Domestic Practice" because those two drugs are so similar in some operations all Nurses cannot discern which is most needed. So in all cases where weakness of the system indicates need of a Tonic "before any kind of fever has become developed; or where typhus is likely to complicate existing disease" we recommend Tonic Drops. But in lung ailments where there is tendancy to "constipation, without any danger of typhus complication" Bryonia alone may give best satisfaction.

FORMULA FOR SUFFIELD'S TONIC DROPS.*

We put 80 drops of Baptisia tinctoria 1^x into a new one-ounce bottle, then fill up the bottle with Bryonia alba 3^x, and shake. Dose for ordinary adult, one drop in spoonful of water.

FORMULA FOR SUFFIELD'S TONIC POWDER.*

In a suitable mortar, we mix and triturate until thoroughly mingled, one part of Sepia 6^x (prepared from inky juice of the Cuttle-fish) and three parts of Arsenicum album 6^x. Ordinary dose, two grains (held on the tongue until dissolved). If higher attenuation is desired, dissolve two grains in a glassful of water, and give one spoonful for dose.

The most notable characteristic of Arsenic, is that while its salutary effects are more visible on skin, and mucus

membrane, than other parts, a proper dose affects every particle of the body; hence it is the best constitutional Tonic among drugs.

The term "malaria" means air that holds invisible germs which produce disease, and Nurses should learn to distinguish between the malaria generated in "swamps" which produce Intermittent Fevers; malaria generated "in bad environment by crippled, or diseased animal systems" producing Typhus poison (in any locality); and the combination of all those poisons in latitudes adapted to generation of Yellow Fever.

In the article on Intermittent Fever (Ague) we have noticed the efficiency of Quinine "when there is sufficient vitality in the nervous system, to manifest the ailment in three natural distinct stages of chill, fever, and sweat; and also warned Nurses against administering Quinine (for any purpose) to tuberculous persons. We now call attention to a well known fact "that continued use of Quinine injures the strongest constitution that assimilates it, while continued homœopathic doses of Arsenic during any ailment never causes permanent injury to the constitution: hence we see that when the system is prepared (by suitable remedies) to assimilate high attenuations of Arsenic, it is the safest drug for overcoming bad effects of even Marsh Malaria.

On account of the peculiar "scavenger capacity of swine" crude Arsenic is essential diet for them; but while sufficient "crude Arsenic" prevents and often cures Typhus diseases of swine, it poisons humans: hence we have to rely upon Baptisia, Bryonia, and similar drugs, to prevent development of typhus poison; while Tonic Powder has elements which make it superior to all other drugs in convalescent stage after inciting cause of any ailment has been removed: moreover, it sometimes happens in the course of continued diseases, that the system loses power to assimilate needed drugs, until a course of Tonic Powder, and Sulphur gives fresh energy to the system.

Tonic Drops are especially useful in preventing development of acute diseases, in persons who are liable to germinate Typhus poison, and for that purpose low attenuations may be used, but should be discontinued soon as their peculiar effects are produced. Tonic Powder is more especially useful in chronic diseases which are fostered by torpidness of the liver, or skin, "regardless of the form of malaria which incited the ailment," and may be continued (indefinitely) four days of each week, if a homœopathic dose of Sulphur is taken before dressing every seventh morning (with two days to develop its peculiar effects in the system): moreover, Tonic Powder is peculiarly useful in diseases that have regular periods of acute manifestation, with period of rest between regular paroxysms, "but the stages of paroxysms unnatural," i. e., instead of cold, fever, and sweat (or mucus catarrh), there is mingling, or even apparent reversal of those stages: and chronic ailments which have puzzled skillful Physicians until a course of Tonic Powder and Sulphur revealed the fact that masked Ague (dumb Ague) was the "foundation of the ailment" have been permanently cured by continuation of the Tonic Powder, and Sulphur. In such cases this treatment either changes the masked Ague "into a natural Ague" which enables nature to cast off the disorder in natural manner, or there is gradual overcoming of all the symptoms of the supposed ailment.

Tonic Drops are indicated by a "constipation" which suggests that the large intestines are fostering generation of poisonous germs. Bryonia (alone) is indicated by a "cough" which suggests that clogging of bronchial tubes is preparing the lungs to either encourage "tuberculous deposit" or hasten "dangerous decay of tubercles" (if there be no evidence that Heper Sulphur 3^{x} will hasten decay of tubercles, it may be used alternate weeks with Bryonia, otherwise it may be safest to use Sulphur 6^{x} every seventh day of Bryonia treatment for such cough). Tonic Powder is often indicated

when there is looseness of bowels; restless, anxious or peevish disposition; emaciation of body, or hippocratic expression of face. Besides above characteristics of Tonic Powder common to both sexes, there are a host of symptoms peculiar to women, which indicate need of this remedy: among which are yellow and earthy complexion; brown saddle on bridge of nose, and brown spots on forehead (called liver spots); a peculiar "sinking and all-gone sensation" in pit of stomach, and sometimes obstinate constipation of bowels **indicating derangements of sexual organs, and inability of the liver to perform its proper functions in the whole system.** In such cases Aconux, and Elixir, will be essential remedies for acute attacks, but no permanent cures are likely to be affected unless such treatment is followed by systematic courses of Tonic Powder and Sulphur. (Sepia is very important element in Tonic Powder. Many Physicians do not use "Sepia" lower than 12^x attenuation; but in this combination it has seemed best to use 6^x attenuation of both drugs.)

GOLDEN POWDER.*

In each mortarful of this Remedy, the proportions are as follows: We mix four fl. drachms of Phytolacca θ with four ounces of Sugar of Milk; cover with clean, porous paper and let stand until dry, then mix and triturate two hours; add one-half ounce Hydrastis 1^x, mix and triturate; one-fourth ounce Mercurius Iodatus Ruber 2^x, mix and triturate; one-fourth ounce Sepia 6^x, mix and triturate.

Dose for ordinary adult, two grains. If for sores in mouth, the dose may be scattered over the sores and held until dissolved by saliva before being swallowed (for Diphtheria in children, one grain dose may be so used); when used for bilious affections, one grain may be dissolved in any desired amount of water, so that one spoonful will be suitable dose.

This remedy is intended for acute ailments and should be

discontinued soon as it overpowers the poison, or influence, for which it is administered.

Although there is very small amount of Iodine in this combination, Eureka Oil, or any other preparation of "Turpentine nature" should not be administered internally while taking Golden Powder.

The general characteristics of this remedy will be most easily understood by study of the articles in which we recommend it.

EUREKA OIL.*

We put ten drops of Mother tincture of Thuja into a new four-ounce bottle, add one fl. ounce Oil of Terpentine (shake) then fill up bottle with Oil of Hemlock and shake with twenty strokes.

Doses for ordinary adults, one' to four drops (on sugar). Children over one year old may take one drop on teaspoonful of sugar. If it should seem best, for a pregnant woman to use this remedy for any form of Typhus, one drop may be ground with one hundred doses of Sugar, and even then be used very cautiously: the properties of "Oil of Hemlock" so beneficial in removing invisible deposits of Rheumatism, and overpowering Typhus poison, make it dangerous to pregnant animals when taken internally, but I have not heard of any harm from proper application of Eureka Oil as a "liniment" for any ailment which requires it.

SUFFIELD'S ELIXIR.*

We put twenty drops Thuja 3^x into a new two-ounce bottle; add one fl. drachm Phytolacca 3^x (shake), one fl. drachm Cimicifuga 3^x (shake), then fill up bottle with Pulsatilla 3^x and shake with twenty strokes.

Dose for robust adult, one drop in spoonful of water. When used by pregnant women, if one drop is first attenuated with three teaspoonfuls of water and then increased to

glassful, one teaspoonful of such attenuation will be more suitable for such cases than full strength.

While Aconux is beneficial in hastening catarrhal processes, Tonic Drops in checking generation of Typhus in intestines, and Eureka Oil in eliminating Rheumatism out of tissues, sometimes the system gets into a condition in which those remedies do not reach some "feature of the case, resulting from over-rich diet, inherited dyscrasia, or peculiarity of temperament," such condition is most common among females, in whom homœopathic dose of Pulsatilla seems to stimulate excretory functions of female organs when nothing else will answer the purpose. In bowel troubles (especially in "Summer Complaint" of children), when there is changeable greenish stools—indicating extraneous matter in the intestines which must be excreted before nature will cease urging to evacuate, Pulsatilla is beneficial. But we need to remember that soon as Pulsatilla has finished its peculiar "excretory" work, it begins to dry up secretions of same organs: hence when administered to catarrhal or rheumatic patients, it needs to be followed by Eureka Oil, or Aconux, to insure continuation of necessary secretions. This characteristic makes Pulsatilla our best drug, for preventing accumulation of fresh Cold after profuse sweat (during the night) produced by Eureka Oil, or Aconux: therefore one dose before rising in morning, is best for such purpose. All of which impressed us with utility of combining Thuja, Phytolacca, and Cimicifuga, with Pulsatilla in such proportions that while not antidoting necessary properties of Pulsatilla, make a remedy very useful in Domestic Practice; and we have put special emphasis on above characteristics because Suffield's Elixir is so efficient in relieving the nervous affection called "Student's Headache" and similar conditions, especially in constitutions which are very susceptible to east winds," that thoughtless persons may get opposite effects from "continued use, when the patient should be separated from the cause of the headache" Such unwise use of Elixir,

being like holding one side of a finger on hot iron, and annointing the other side with Ant-itis. Furthermore, we wish to give the impression that while Elixir is a low attenuation remedy to fit critical cases; for all nervous affections, the highest attenuation that will answer the purpose is always best.

Nurses may gain useful hints from an episode in our Charlevoix experiences with Pulsatilla.

While a Surgeon, fresh from college, was dressing fractured limb of the grandmother, he noticed that "Goiter" had started on neck of the robust looking housewife (who had several small children) and made a present of "medicine" which he said would check growth of the Goiter. Later she noticed that the medicine was affecting one "ovary" more than the Goiter. A new doctor, fresh from college (and also partner in a new drug store) was called to treat the diseased ovary; but he experimented with so many different drugs, the husband discharged him on the plea "that he did not want his residence turned into a drug store" and called their old family doctor (who had no college education). That doctor undertook the task of getting decaying material out of the woman's system; but the case continued to grow worse, until one evening "when the parts were so inflamed, he could not insert catheter to draw urine from the bladder (which seemed in danger of bursting) and acknowledged that there was no hope of her enduring the pain until morning."

When husband asked the Nurse if she knew of any relief, she replied: "If I state case to those Suffield's at the Pharmacy they will give me something to relieve her." After she described the case to us, we gave her small vial of Pulsatilla 3^{x} and sufficient ant-itis to make large quantity of Lotion—with instructions to make preparation for overflow of Lotion from the bed; then with suitable syringe keep up continual flow of Ant-itis Lotion into vagina; meanwhile give one drop of Pulsatilla every two hours until urine commenced to pass—then at such times as seemed best. At daylight the

bladder was empty, and the woman in restful sleep. At suitable times above treatment was repeated. Inside of two weeks the woman was up; then Tonic Powder finished the treatment, and inside of two months, she was doing all the housework (including family washing).

The husband gladly paid our bill of $1.40 (for the medicines which saved the woman's life) but did not manifest desire to settle with the two doctors, and two drug stores, so they pooled their accounts into one bill of $140, which was presented with a threat, that if it was not duly paid the "home" would be sold. As the husband, and new doctor, were "Masons" the Lodge blocked that mode of procedure—but the bill was stored until the husband's indulgence in drug-store whiskey made him a financial cripple—then by such means "the old druggist succeeded in getting that family out of their two-story house (on first-class lot) and his own family into it."

SUFFIELD'S NEUTRALINE

(Is Mercurius Sublimatus Corrosivus 8^x).

The technical name should be used for all poisonous attenuations of this drug. But we designate the 8^x attenuation by the term "Neutraline" to suggest the most prominent characteristics of this Remedy: (a) To neutralize malign bacteria in any part of the body: its efficiency in relieving Dysenteric stools, is a sample of this capacity (see article on Dysentery). (b) To neutralize "syphilitic poison" either in primary excrescence, or constitutional developments. (c) To neutralize poison left in a "burn" made with Carbolic Acid or any other agent, which can be antidoted by alcohol, or neutralized by mercury. It is the alcohol in "Ant-itis" which extracts fire from simple burns—Belladonna allays inflammation (after the fire is extracted); Glycerine (one form of alcohol) lubricates the parts, and prevents adhesive irritation of bandages. Hence there are cases of "wounds, bruises, and burns, that are liable to be affected by germs of

malign bacteria, syphilitic constitution, &c., which should be first dressed with Neutraline, and the treatment finished with either Ant-itis, or Green Salve. In critical cases it may be beneficial to administer Neutraline internally at same time it is used as a dressing, unless the patient manifests symptoms of Paralysis—in such cases if the system should assimilate enough Neutraline to produce allopathic effect, that would increase tendancy to Paralysis. This should be remembered if Neutraline is applied to large surface, or continued unnecessary length of time: furthermore, "that while all forms of mercury are cumulative, Merc. corr. is the most energetic of all medicinal preparations of Mercury in affecting every particle of the body" if kept in pure 90 per cent alcohol until time for administration (Chemists say that sugar, or water, induces deterioration of its most energizing properties).

WORM DROPS.*

We put ten drops Oil of Turpentine and one drachm Spigelia 1^x into a new one-ounce bottle (shake), add four drachms Cina 1^x and shake until mingled, then fill up bottle with Cina 1^x and shake. Dose: one to two drops on teaspoonful of sugar.

For characteristic effects of this Remedy, study the article on Worms.

SULPHUR 6^x.

The principal use of homœopathic Sulphur, in Domestic Practice, is to increase capacity of other drugs by producing renewed assimilation (after Nature has closed her door against such drug) through its ability to enter the whole system and awaken dormant energy, "while at same time executing peculiar solvent eliminating effects on injurious deposits," one proper dose being more efficacious than successive doses.

CALCAREA 6^x

(Carbonate of Lime)

Is the inner snow-white portion of oyster-shells, powdered, and then attenuated with sugar of milk.

While it seems to be more especially indicated in scrofulous children in whom the seam in bone of forehead is too slow in closing (through lack of ability to assimilate proper calcareous element from the blood) and rachitic persons; experience taught me that it is a waste of time to treat chronic diseases without occasional dose of Calcarea 6^x at night "following dose of Sulphur 6^x before breakfast of same day" (thus permitting nature to make her own chemical resultant), and that a week of such treatment in scrofulous persons, brought such amount of "corruption" to surface of the body, as to frighten some (while others were glad to get rid of it in that manner) so we adopted the "seventh day method" we have suggested in several articles. Calcarea also has the feature noticed of Sulphur "that one proper dose is more beneficial than successive doses. Furthermore, the seventh-day method of administering those two drugs is safe for any age or condition that requires it.

HEPAR SULPHUR 3^x

Is a "calcined combination of oyster-shells and Sulphur" attenuated with Sugar of milk.

Footnote in article on Scarlet Fever explains the difference between action and proper uses of this calcined resultant (which gives most energetic results in 3^x attenuation) and the resultant action, and the uses of Sulphur 6^x, and Calcarea 6^x, described in above characteristics of Calcarea. Hence proper attenuation of Hepar Sulphur may be given in successive doses to shorten expected crop of Boils, by elimination of humors; or in Chronic Bronchitis, resulting from improperly treated Measles, and similar ailments.

GREEN SALVE.*

To one pound of fresh rendered Mutton Tallow (while still warm) we add one fl. ounce Oil of Turpentine, and then slowly sprinkle in one ounce of powdered Verdigris, and keep stirring lively until the ingredients cannot separate. This may be used for destroying Corns, or proud flesh in Ulcers. For all ordinary purposes equal parts of Cotton Seed Oil should be mixed with this combination.* Or any proportion of Oil and Tallow may be used to reduce the Salve to proper strength and consistence.

Besides the cleansing and healing properties of this Salve, the whole system absorbs beneficial effects from its use.† this is especially noticed when used for Piles; hence, the need of other suitable Remedy to be used alternate weeks as dressing for that tenacious disorder.

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* Aconux, Ant-itis, and Elixir, are as beneficial to horses and bovines, as to humans. The dose for a horse is ten drops, for a cow is fifteen drops: place dose in clean bottle, add spoonful of water to each drop (shake) then elevate the nose, and administer through one nostril.

Some stockmen prefer following formula of

GREEN SALVE, FOR ANIMALS.

Hog's Lard, one pound; White Turpentine (original gum as it dries in clean tears), three ounces; Beeswax, one ounce; pure Honey, two ounces; powdered Verdigris, one-half ounce.

Put the Turpentine Gum into an iron kettle, with enough Lard to keep it from burning. Melt with "moderate heat" and take out all chips, &c.; shave the Beeswax and put it in; add Honey and remainder of Lard, and keep stirring with wooden paddle until all are dissolved; add Verdigris very slowly; then remove kettle from heat, and keep stirring until so stiff the Salve cannot separate. This kettle should not be used for any other purpose: should have suitable lid, and be hung up in clean, cool place.

For convenience, a small quantity may be kept in tin box: but this Salve must never be kept in earthenware vessel, or any other material which can excite the Salve to chemical action.

For harness galls, corked feet, wounds caused by barbed wire fence, ulcers from bruises, and similar ailments, this Salve had no equal until we invented the "Mutton Tallow combination for humans." Its characteristics are: That it remains in place without bandage; heals sound flesh at bottom and sides of sore—and causes natural-colored hair to grow over (all ordinary) healed places. I have known severe collar-gall, on top of neck—washed with Castile soap Saturday night, then this Salve applied freely until Monday morning: such treatment continued after each day's work, and the sore heal in fine shape, with horse working six days of every week.

† The scrofulous taint in human flesh is aggravated by any form of Swine flesh; all medicinal products of the Bee (except the sting) are uncertain; Absorption of Verdigris (Subacetate of Copper) is not hindered by either Mutton Tallow, or Cotton Seed Oil.

PILE OINTMENT.*

To each ounce (by weight) of Cotton Seed Oil we add five drops of Carbolic Acid, and one-half ounce fresh-rendered (warm) Mutton Tallow: and continue grinding this mixture until evenly mingled.

This is the standard Ointment, but "proportions" of either Acid or Tallow may be increased or diminished to fit needs of each case—the only object of the Oil being to give the Ointment desired consistence.

The Belladonna in Ant-itis, is beneficial in expanding fibers of the bowels: thus facilitating loosening and removal of extraneous matter; but continued relaxed condition of fundament, is not desired in Pile treatment. Hence, we invented "Pile Ointment" to reduce Tumors—without expanding fibers of the mucus membrane. For convenience the proportion of Tallow can be increased until this combination can be moulded into balls, of any desired size, and inserted immediately after each evacuation. But for systematic reduction of Tumors, the Ointment applied with Pile Tube is best.

DISTILLED WATER

Is indispensable in treatment of many forms of disease. It has been claimed that the **liquid manure, lime and other forms of mineral,** in water drawn from the earth, or running streams, are essential provisions for animal life; but intelligent observation confutes that theory. When we pulverize a "soluble drug" and then cause a liquid to percolate through it, we call the resulting liquid "tincture" because we know that it carries more or less of the nature of the material it percolated through. Thus (rain) water, descending through various gases in the atmosphere, is not entirely freed from such contamination while percolating through several feet of malaria poisoned soil and many miles of earth containing injurious minerals. Hence, diseased persons

often seem benefited by water that has preponderance of a mineral which is homœopathic to their case, while continued use of same kind of water is injurious to persons of ordinary health. Therefore, much of what has been called "natural water" is very unnatural water (boiling water may kill "live germs" but has little effect on the "tincture element" of water). The remedy is, to distill all water we use in diet, and eat proper proportion of grains, fruits, and vegetables, which contain the elements needed by each individual constitution.

When I was a boy, Father would take several sacks of wheat to mill: the superfine flour, middlings, and bran; was brought home in separate sacks. Mother would mix yeast with superfine flour, and bake that for the family; the bran was fed to cows to increase their milk; and I saved the middlings for "malnervous horses" which soon became sleek and high-spirited, after regular suppers of scalded middlings mixed with unground oats: thus the animals received the most energizing part of the wheat.

After injuries, incurred in the Army, produced and fostered incurable Malnervia, I had to stop using food prepared from superfine flour. As age advanced, I noticed that the "coarse bran" in Graham flour caused unnecessary irritation in digestive organs; also, that if the bran was sifted out, a very important element was left out of my food.

All of which impresses me that we need bakers who can make (with suitable machinery) air-lightened palatable bread "from fresh milled whole-wheat fine-flour, and potatoes" without yeast or other injurious drugs.

Such improvements in water and bread would incite more intelligent selection, and preparation of other elements of diet: i. e., instead of **consuming** our bodies "by crude elements (of uncertain proportion) contained in tinctured water" we should **feed** our bodies "with pure water and elements which have been rectified in the laboratory of plant life."

ELECTRICITY.

When any part of our body needs "artificial stimulation," Suffield's Electrical Appliances provide suitable means for infusing such part with any desired attenuation of Electricity.

PHYSICAL CULTURE.

Erroneous theories of some who claimed to be experts, have hindered general acceptance of benefits which should be derived from this means of developing human bodies.

If every family practiced an "intelligent system of physical culture" graded to suit age, sex, and physical condition of each individual: such custom would relieve many cripples and prevent unnecessary sickness, if coupled with honest intention.

N. B. —The Remedies marked with * are our own invention "and included in copyright matter of this book."

Danville, Illinois. BRICE SUFFIELD.

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